

RB Wrestling Training timeline

<p>Resistance Training Focus on functional training. Combine aerobic with anaerobic. Keep workouts short and competitive to build mental toughness. Major lifts: Deadlift, Power Cleans, Squats, Bench press.</p>	<p>Technical Training This pattern is like a corkscrew. Items are taught and re-taught. Techniques build on each other to promote mastery. Everyone will be at different levels and advance at different speeds.</p>	<p>Cross-over Training The goal is to promote the athlete. This is done constantly through out the YEAR. Challenging the body through Movement.</p>
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April	May	June	July	August	September	October	November	December	January	February	March
STRENGTH PHASE					Endurance Phase			Peak Performance		Maintance Phase	
Power Lifts and Core Training! GET STRONG AND BIG. Heavy Lifting with good form and workout always Change. All functional lifts and power lifts					Circuits and lots of crossfit style Lifts. Lost of reps and endurance Still strength lifts added			Strong, quick and agile working body to peak performance		Holding the performance through State	

POST-Season	Camp Season	Pre-Season	Focus and Execute	Perfect
Mat time. Cross-over of freestyle Greco roman style wrestling Major emphasis on loving fun and learning	Lost of matches CAMPS!!!	RB system taught and re-taught Positioning emphasized and learn to adapt to individual kids styles	Drilling and perfecting Deveolping and refining ind. tools and constantly adjusting	Staying within own individual style and showing off your masterpiece

Athlete Phase	Specific phase	Season Phase	Champion Phase
Becoming a better athlete through movement. Gymanstics movements, Jumping rope, Soccer for footwork Plyometrics for explosion, Yoga for flexibility	Wrestling specific Movements Agility ladder, stance work Tumbling, Endurance agility	Basic tumpling and flexibility Continue building the athlete	Using your agility to show off your skills Monster jump masters