

# RB Wrestling Training timeline

## 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.

## 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.

## Cross-over Training

The goal is to promote the athlete. This is done constantly through out the YEAR. Challenging the body through Movement.

March		April	May	June	July/August	August/September	October	November	December	January	February	
1 Week off the MAT	STRENGTH PHASE					2 Weeks off the MAT	Endurance Phase		1 Week off the MAT	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				Camp/Pre-Season			Focus and Execute		Perfect
Mat time. Cross-over of freestyle Greco roman style wrestling Major emphasis on loving fun and learning					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					Sport Specific phase		Season Phase		Champion Phase			
Becoming a better athlete through movement. Gymnastics 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			