

NAME:	 	
GRADE:	 	

	Master Scheo	dule	
Day		Conditiong Wrestling Specific HOME	Location
Wed 8/21/2024	Testing Breakdown/Coll Bench/Squat/Pull-up		804
Thu 8/22/2024	Bench/Squat/Pull-up 400/ Power Clean/ (I		Weight room Track/Weightroom
FRI 8/23/2024 Mon 8/26/2024	Squat BW+25/Bench BV		Weight room
Tue	GVT Lower	Stance Work and Hand Fighting	Weight room/ Field
Wed	Goal Setting on Testing/College Packets	S/Elite HS to College Packets	804
Thu	GVT Upper	Mätch Sprint #1 PPS 12 Minutes	Weight Room/Field
Fri	EDD Teach	PPS 12 Minutes	Wrestling Room
Sat	TBD Rest	TBD Rest	LIOME
Sun Mon 9/2/2024	No School- 1 Mile F		HOME HOME
TUE	GVT Lower	Stance Work and Hand Fighting	Weight Room/Field
Wed	High School Course Caland		804
Thur	GVT Upper	Match Sprint #2 PPS 14 Minutes	Weight Room/Field
Fri	EDD Review		Wrestling Room
Sat	TBD	TBD	
Sun	Rest	Rest	HOME
Mon 9/9/24	EDD's Then Open Positions work GVT Lower	10 Minute Killer Stance Work and Hand Fighting	Wrestling Room
Tue Wed	Athlete Nutrition (Match Day/ IN Season) How to be a	Kid and an Athlete (Smart Decisions) Social Medi	Weight Room/Field 804
Thu	GVT Upper	Match Sprint #3 (2 matches)	Weight Room/Field
Fri	Edd Then Physical Positions work	Match Sprint #3 (2 matches) PPS 16 Minutes	Wrestling Room
Sat	TBD	TBD	gricom
Sun	Rest	Rest	HOME
Mon 9/16/24	EDD then Tie Positions work	10 Minute Killer	Wrestling Room
Tue	GVT Lower	Stance Work and Hand Fighting	Weight Room/Field
Wed	Program Cultu	Motoh Spript #4 (2 Motohoo +)	804
<u>Thu</u> Fri	GVT Upper EDD Then Coaches Choice Drill	Match Sprint #4 (2 Matches +) PPS 18 Minutes	Weight Room/Field Wrestling Room
Sat	SpookFest	SpookFest	Temecula Valley
Sun	Rest	Nest	HOME
Mon 9/23/24	EDD Then Coaches Choice Drill	15 Minutes Killer	Wrestling Room
Tue	GVT Lower	Stance Work and Hand Fighting	Weight Room/Field
Wed	Core Covenants	Reclaiming/Assesing Motivation and Aligning Goals	
<u>Thu</u>	GVT Upper	Match Sprint #5 (2 Matches +) PPS 20 Minutes	Weight Room/Field
Fri	EDD Then Coaches Choice Drill	PPS 20 Minutes	Wrestling Room
Sat Sun	TBD Rest	TBD REST	HOME
Mon 9/30/24	No School- 1 Mile F		Home
Tue	Circuit Competions for time	1 Mile then Match Sprint #6	Weight Room/Field
Wed	Goal Setting Broken down into Areas	Toxic Vs. Builder Relationships	804
Thu	Circuit AMRAP	Sprints/ stance Work Hand fight	Weight Room/Field
Fri	Edd and Coaches Choice Drill	Felxibility work	Wrestling Room
Sat	World Challenge	World Challenge	Clovis West
Sun Man 40/7/24	World Challenge	World Challenge Agilities/Tumbling	Clovis West Wrestling Room
Mon 10/7/24 Tue	EDD Then Coaches Choice Drill Circuit Competions for time	3 Match Sprints #7	Weight Room/Field
Wed	Analyzing Film	Accountability Check	804
Thu	Circuit AMRAP	Long Interval Run.Stance Work Handfight	Weight Room/Field
Fri	EDD Then Coaches Choice Drill	Flexibility work	Wrestling Room
Sat	TBD	TBD	
Sun	Rest Chaine Drill	Rest	HOME
Mon 10/14/24	EDD Then Coaches Choice Drill Circuit Competions for time	Agilities/Tumbling Stadium Routine	Wrestling Room Weight Room/Field
Tue Wed	The fun in getting better (Process driven)	Winning? What is Winning?	804
Thu	Circuit AMRAP	Interval run/Match Sprint/ Stance Work Hand figh	
Fri	EDD Then Coaches Choice Drill	Flexibility work	Wrestling Room
Sat	FreakShow	FreakŚhow	Las Vegas
Sun	FreakShow	FreakShow	Las Vegas
Mon 10/21/24	EDD Then Coaches Choice Drill Circuit Competions for time	Agilities/Tumbling	Wrestling Room
Tue		Stadium Routine/ Stance Hand fight Being a Bronco The RB Standard	Weight Room/Field
Wed Thu	Champion Vs. Chumpion Finals Study Hall	College Packets Update	804 804
Fri	Class Does not meet D		004
Sat	Haloween open	Halloween Open	Cerritos College
Sun	Rest	Rest	HOME
Mon 10/28/24	No School- 1 Mile F		Home
Tue	Bench/Squat/Pull-up		Weight Room
Wed	Why Coaches Coach	SEASON CHAT	804
Thu Eri	400/ Power Clean/ (I Squat BW+25/Bench BV		Track/Weightroom
Fri Sat	1st day of SEAS	SONI	Weight room
Sun	Rest	re	HOME
Juli	In Season Class So	chedule	, I IOIVIL
Monday 11/4/2024	Agilities Agilities	Conditioning work	Track
Tue	Circtuit/Weightroom	Individual Fixes/Study Hall	Weight room/Wrestling room
Weds	Study Hall	Team Meeting	804
Thu	Circuit/Weight room	Individual Fixes/Study Hall	Weight room/Wrestling room
Fri	Conditioning Work	YOGA	Track/MPR
sat	Competition/Practice/Individual needs	Competition/Practice/Individual needs	1
sun	Active Recovery	Active recovery	<u>. </u>

Wrestling Max Lifts/ Goals

	Weight	Bench Max	Squat Max	Power Clean	400 time	Pull-up Max	Squat BW +25	Bench BW	Differential	2 Sentences on why this
Name	Day of Test	5+ Reps	5+ reps	1 Rep	1 lap	Arm ext Chin above	Max Reps	Max Reps	Total Athlete Formula Above 0 good above 20 Elite	is important to you:
Johnny Wrestle	165	225	315	185	58	20	20	20	20.4	
Differenti	al Equation: 7	+ (Total Bench	h/Squat Power	Clean) / Weig	ht + 7 + (Total	Pull-up/Squat	reps/Bench R	eps) - 400 Tin	ne	
									#DIV/0!	Pre- Test(March)
										GOAL 1
Date:			Examiner	:			Notes on Mod	od Sleep Etc:		
									#DIV/0!	Test 1 (April)
										GOAL 2
Date:			Examiner	·:			Notes on Mod	od Sleep Etc:		
									#DIV/0!	Test 2 (May)
										GOAL 3
Date:			Examiner	:			Notes on Mod	od Sleep Etc:		
									#DIV/0!	Test 3 (June)
										GOAL 5
Date:			Examiner	-:			Notes on Mod	od Sleep Etc:		
									#DIV/0!	Test 4 (TBD)
										GOAL 5
Date:			Examiner	•			Notes on Mod	od Sleep Etc:		

			RB	Wrestlin	g Fall- Pr	e Season							
Monday 8/26		Т	esting Da	у									
	Final Testing Day Otes: How did it feel? Thoughts:												
Notes: How did it feel?	? Thoughts:					Notes: How d	id it feel? Thou	ights:					
Tuesday 8/27		Weigh	t Room 83	80-9:30			Footba	all Field Dr	ill 9:30-9:4	4 5			
	1	2	3	4	5	6	7	8	9	10			
Squats	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10			
Shouler Press	X10	X10	X10	X10	X10								
Dead Lifts	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx			
Lateral Raises	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx			
Stance/Handfight	Motion 2 Mins	10 Fakes	10 Pass bys	10 Get to underhook	10 Drags	10 Elbow passes	10 get to Inside tie	10 Get to Elbow	10 Reaction1/2/3	Hand Fight 5 Minutes			
Notes: How did it feel?	? Thoughts:					Notes: How d	id it feel? Thou	ıghts:					
				Wed	dnesday (3/28							
				_	Class Work								
Goal Setting or	n Testing/Colleg	ge PacketsElite I	HS to College Pa	ckets	Notes:								
1	Fill out	PACKI	ETS										
HS PACKET	rs .		GOAL Packets										

	Workout Days (Week 1)											
Thursday 8/29		Weigh	t Room 83	80-9:30			Cor	nditioning 9	9:30-9:50			
	1	2	3	4	5	6	7	8	9	10		
DB Press	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10		
DB ROW	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10		
Inverted tempo push-up	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx		
Chin-up	X10	X10	X10	xx	xx	xx	хх	хх	xx	XX		
Football F	ield/Track	k/Stadium	Drill	1 [Match Spri	int: 1 Lap<	< 2 Minute	s, 4-100's	<:30, 8-50)'s <:15		
Notes: How did it feel	? Thoughts:					Notes: How d	id it feel? Thou	ights:				
Friday 8/30	830-9	:30 Wrest	lling Room	n Drill/Tecl	hnique		Wrestling	g Room Ci	rcuit 9:30-	9:50		
				Ma	at Time Wo	ork						
EDD's												
EDD's												
	Room Circuit											
Dull up 5	Duch up 1	O. Squat (15 (12 Min	utoo)	1	2	3	4	5	6		
Pull-up 5,	rusii-up i	u, Squai	13 (12 14111	utes)	7	8	9	10	11	12		
Notes: How did it feel	? Thoughts:					Notes: How d	id it feel? Thou	ights:				
	WEEKE	ND ACTIVITIE	S				Week	ky Wrap-u	р			
Satruday		Sunday										
Weekly	Recap: Con	npletion, Co	mpetition and	d Capability	(Did you con	nplete, Did y	ou compete,	, Did you do	to your full c	apacity)		

			RB	Wrestlin	g Fall- Pr	e Season						
Monday 9/2			No Schoo	I								
No School- 1 Mile Run at Home. Time: Notes: How did it feel? Thoughts:												
Notes: How did it feel	? Thoughts:					Notes: How d	id it feel? Thou	ıghts:				
Tuesday 9/3		Weigh	t Room 83	80-9:30			Footba	all Field D	rill 9:30-9:4	15		
	1	2	3	4	5	6	7	8	9	10		
Squats	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10		
Shouler Press	X10	X10X10X10X10X10X10X10X10X10X10										
Hammy Killers	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx		
Blicep/Tricep	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx		
Stance/Handfight Notes: How did it feel	Motion 2 Mins ? Thoughts:	10 Fakes	10 Pass bys	10 Get to underhook	10 Drags	10 Elbow passes Notes: How d	10 get to Inside tie id it feel? Thou	10 Get to Elbow ughts:	10 Reaction1/2/3	Hand Fight 5 Minutes		
				We	dnesday	9/4						
					Class Work							
Goal Setting o	n Testing/Colleg	ge PacketsElite I	HS to College Pa	ickets	Notes:							

	Workout Days (Week 2)												
Thursday 9/5		Weigh	t Room 83	80-9:30			Cor	nditioning 9	9:30-9:50				
	1	2	3	4	5	6	7	8	9	10			
Bench Press	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10			
Bent over row	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10			
Incline DB Press	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx			
Reverse Fly	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx			
Football F	ield/Tracl	k/Stadium	Drill	1 1	Match Spr	nt: 1 Lap<	< 2 Minute	s, 4-100's	<:30, 8-50)'s <:15			
Notes: How did it feel	? Thoughts:					Notes: How di	id it feel? Thou	ights:					
Friday 9/6	830-9	30 Wrest	ling Room	n Drill/Tecl	hnique		Wrestling	g Room Ci	rcuit 9:30-	9:50			
				Ma	at Time W	ork							
EDDI													
EDD's	5												
				R	oom Circu	uit							
Dull up 5 Duch	. up 10. Ca	w.ot 15 (1)	Minutos	1	2	3	4	5	6	7			
Pull-up 5, Push	i-up 10, 50	quat 15 (14	· iviinutes)	8	9	10	11	12	13	14			
Notes: How did it feel	? Thoughts:					Notes: How di	id it feel? Thou	ights:					
	WEEKE	ND ACTIVITIE	S				Week	ky Wrap-u	р				
Satruday		Sunday											
Weekly	Recap: Cor	npletion, Co	mpetition and	d Capability	(Did you con	nplete, Did y	ou compete	, Did you do	to your full c	apacity)			

	RB Wrestling Fall- Pre Season											
Monday 9/9	830-9	:30 Wrest	ling Room	n Drill/Tecl	nnique		Wrestling	g Room C	ircuit 9:30-	9:50		
				Ма	nt Time W	ork						
EDD's	•							(PEN OFF	ENSE		
	,								or LIV OF I	LIVOL		
				R	oom Circu	uit						
10 Mi	nute Killer											
						N	: 1:: (10 T)					
Notes: How did it feel	? I houghts:					Notes: How did it feel? Thoughts:						
Tuesday 9/10		Weigh	t Room 83	80-9:30			Footba	all Field D	rill 9:30-9:4	45		
	1	2	3	4	5	6	7	8	9	10		
Squats	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10		
Shouler Press	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10		
Dead Lifts	X10	X10	X10	xx	xx	xx	xx	xx	xx	XX		
Lateral Raises		X10	X10	xx	XX	xx	XX	XX	xx	XX		
Stance/Handfight	Motion 2 Mins	10 Fakes	10 Pass bys	10 Get to underhook	10 Drags	10 Elbow passes	10 get to Inside tie	10 Get to Elbow	10 Reaction1/2/3	Hand Fight 5 Minutes		
Notes: How did it feel	? I noughts:					Notes: How a	id it feel? Thou	ugnts:				
				We	dnesday 9	9/11						
					Class Work							
Athlet	e Nutrition (I	Match Day/ I	N Season)/		Notes:							
How to be a Kid	and an Athle	ete (Smart D	ecisions) So	cial Media								

	Workout Days (Week 3)												
Thursday 9/12		Weigh	t Room 83	80-9:30			Footba	all Field Dr	ill 9:30-9:	50			
	1	2	3	4	5	6	7	8	9	10			
DB Press	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10			
DB ROW	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10			
Inverted tempo push-up	X10	X10	X10	xx	xx	xx	xx	xx xx xx					
Chin-up	X10	X10	X10	XX	xx	xx xx xx xx xx xx							
Football F	- ield/Tracl	k/Stadium	Drill	2 N	latch Spri	nts: 1 Lap	< 2 Minute	es, 4-100's	s <:30, 8-5	0's <:15			
Notes: How did it feel	? Thoughts:					Notes: How di	id it feel? Thou	ights:					
Friday 9/13	830-9	9:30 Wrest	tling Room	n Drill/Tecl	hnique		Wrestling	g Room Ci	rcuit 9:30-	9:50			
				Ma	at Time W	ork							
EDD's													
EDD's	5				Physical Positions								
				R	oom Circu	uit							
Dull up 5 Duch up	40. Court 45	(4C Minutes)	1	2	3	4	5	6	7	8			
Pull-up 5, Push-up	10, Squat 15	(16 Minutes)	9	10	11	12	13	14	15	16			
Notes: How did it feel	? Thoughts:					Notes: How di	id it feel? Thou	ights:					
	WEEKEI	ND ACTIVITIE	S				Week	ky Wrap-u	р				
Satruday		Sunday											
Weekly	Recap: Cor	npletion, Co	mpetition and	d Capability	(Did you con	nplete, Did y	ou compete	, Did you do	to your full c	apacity)			

			RB	Wrestlin	g Fall- Pr	e Season				
Monday 9/16	830-9	:30 Wrest	ling Room	n Drill/Tecl	nnique		Wrestling	g Room C	ircuit 9:30-	·9:50
				Ма	nt Time W	ork				
EDD's	,								Tie Post	ions
LDDs	•								TIE FOSI	IOHS
				R	oom Circu	uit				
10 Mi	nute Killer									
Notes: How did it feel	? Thoughts:					Notes: How did it feel? Thoughts:				
Tuesday 9/17		Weigh	t Room 83	80-9:30		Football Field Drill 9:30-9:45				45
	1	2	3	4	5	6	7	8	9	10
Squats	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
Shouler Press	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
Hammy Killers	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
Blicep/Tricep	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
Stance/Handfight	IVIIIS	10 Fakes	10 Pass bys	10 Get to underhook	10 Drags	10 Elbow passes	10 get to Inside tie	10 Get to Elbow	10 Reaction1/2/3	Hand Fight 5 Minutes
Notes: How did it feel	? Thoughts:					Notes: How d	id it feel? Thou	ughts:		
				We	dnesday 9	9/18				
					Class Work					
	Prog	ram Culture			Notes:					

	Workout Days (Week 4)												
Thursday 9/19		Weigh	t Room 83	80-9:30			Footba	all Field Dr	ill 9:30-9:	50			
	1	2	3	4	5	6	7	8	9	10			
Bench Press	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10			
Bent over row	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10			
Incline DB Press	X10	X10	X10	xx	xx	xx	xx	xx	xx	XX			
Reverse Fly	X10	X10	X10	xx	xx	XX	xx	xx	xx	xx			
		k/Stadium	Drill	2 Ma	tch Sprints				:30, 8-50'	s <:15 +OT			
Notes: How did it feel	? Thoughts:					Notes: How di	d it feel? Thou	ughts:					
Friday 9/20	830-9	30 Wrest	ling Room	n Drill/Tecl	nnique		Wrestling	g Room Ci	rcuit 9:30-	9:50			
				Ma	at Time Wo	ork							
FDD's	EDD's Coaches Choice Drill												
					Godones Gnolog Brill								
				R	oom Circu	ıit							
Pull-up 5, Pus		1	2	3	4	5	6	7	8	9			
Squat 15 (18 l		10	11	12	13	14	15	16	17	18			
Notes: How did it feel	? Thoughts:					Notes: How di	id it feel? Thou	ughts:					
	WEEKE	ND ACTIVITIE	S				Week	ky Wrap-u	р				
Satruday		Sunday											
Weekly	Recap: Cor	npletion, Co	mpetition and	d Capability	(Did you con	nplete, Did y	ou compete	, Did you do	to your full o	apacity)			

	RB Wrestling Fall- Pre Season											
Monday 9/23	830-9	:30 Wrest	ling Room	Drill/Tecl	nnique		Wrestling	g Room C	ircuit 9:30-	·9:50		
				Ма	at Time W	ork						
EDD's	,							Co	aches Ch	oice Drill		
LDD	•								acries Cri	SICE DITII		
				R	oom Circu	uit						
15 Mi	nute Killer											
Notes: How did it feel	? Thoughts:					Notes: How did it feel? Thoughts:						
Tuesday 9/24		Weigh	t Room 83	80-9:30			Footba	all Field D	rill 9:30-9:4	45		
	1	2	3	4	5	6	7	8	9	10		
Squats	X10	X10X10X10X10X10X10X10X10X10										
Shouler Press	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10		
Dead Lifts	X10	X10	X10	XX	xx	xx	xx	xx	xx	xx		
Lateral Raises	X10	X10	X10	XX	xx	xx	XX	XX	xx	XX		
Stance/Handfight	Motion 2 Mins	10 Fakes	10 Pass bys	10 Get to underhook	10 Drags	10 Elbow passes	10 get to Inside tie	10 Get to Elbow	10 Reaction1/2/3	Hand Fight 5 Minutes		
Notes: How did it feel	? Thoughts:					Notes: How d	id it feel? Thou	ughts:				
				We	dnesday 9	9/25						
					Class Work							
	Core	Covenants			Notes:							
Reclaiming	g/Assesing M	otivation an	d Aligning G	oals								

Workout Days (Week 5)										
Thursday 9/26		Weigh	t Room 83	30-9:30			Footba	all Field Di	rill 9:30-9:	50
	1	2	3	4	5	6	7	8	9	10
DB Press	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
DB ROW	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
Inverted tempo push-up	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
Chin-up	X10	X10	X10	xx	xx	хх	xx	хх	xx	xx
Football F									::30, 8-50':	s <:15 +OT
Notes: How did it feel?	lotes: How did it feel? Thoughts:					Notes: How d	id it feel? Thou	ights:		
Friday 9/27	Friday 9/27 830-9:30 Wrestling Room Drill/Ted						Wrestling	g Room Ci	ircuit 9:30-	-9:50
	Mat Time Work									
EDD'o	,							Co	aches Ch	oico Drill
EDD's								Co	acries Cri	oice Dilli
				R	oom Circu	iit				
Pull-up 5, Push-up 10,	1	2	3	4	5	6	7	8	9	10
Squat 15 (20 Minutes)	11	12	13	14	15	16	17	18	19	20
Notes: How did it feel?	? Thoughts:					Notes: How d	id it feel? Thou	ights:		
	WEEKE	ND ACTIVITIE	S				Week	ky Wrap-u	р	
Satruday		Sunday								
Weekly	Recap: Con	npletion, Co	mpetition and	d Capability	(Did you con	nplete, Did y	ou compete	, Did you do	to your full o	apacity)

	RB Wrestling Fall- Pre Season										
Monday 9/30			No Schoo	ıl							
	No School- 1 Mile Run at Home. Time: tes: How did it feel? Thoughts: No School- 1 Mile Run at Home. Time: Notes: How did it feel? Thoughts:										
Notes: How did it feel	? Thoughts:					Notes: How did it feel? Thoughts:					
Tuesday 10/1		Weigh	t Room 83	30-9:15		Football Field Drill 9:15-9:45					
3 Circuit Completion for Time											
Pull-ups	25	BW	Time Con	npleted:		1 Mile					
Push-up	50	BW									
Squats	75	BW				Match Sprint (Coaches Choice)					
Sit-ups	100	BW				water opini (oddorida dilalaa)					
Notes: How did it feel	? Thoughts:					Notes: How did it feel? Thoughts:					
				We	dnesday '	10/2					
					Class Work	t .					
Goa	al Setting Bro	oken down ir	nto Areas		Notes:						
7	Гохіс Vs. Bu	ıilder Relatior	nships								
		<u> </u>			<u> </u>						
		<u> </u>]						

				Work	out D	ays	(Week 6)				
Thursday 10/3		Weigh	t Room 83	80-9:15				Footb	all Field D	rill 9:15-9:	45
	30 Mi	nute Circu	ıit AMRAP)					Sprin	ts	
1 Lap	Track	Pole L	unges	BW			1-100	2-90's	3-80's	4-70'd	5-60's
25 Shoulder Press	45	15 Burpeers		BW			6-40's	7-30's	8-20's	All 20 to con	nplete then 10 Break
25 Bent over Row	95	30 Alt Bi	cep Curls	Choice	.s.			\$	Stance/Ha	ndfight	
Pole Farmer Walk	HVY	30 Band	Triceps	Choice	Rotations:		Motion 2 Mins	10 Fakes	10 Pass bys	10 Get to underhook	10 Drags
							10 Elbow passes	10 get to Inside tie	10 Get to Elbow	10 Reaction1/2/3	Hand Fight 5 Minutes
Notes: How did it feel	? Thoughts:						Notes: How did it feel? Thoughts:				
Friday 10/4 830-9:30 Wrestling Room Drill/Te					hnique	Э		Wrestling	g Room C	ircuit 9:30	-9:50
	Ma	at Tim	e W	ork							
										D.:II	
EDD's	5								Co	aches Ch	oice Drill
F						y W	ork				
Notes: How did it feel	? Thoughts:	•	•				Notes: How did it feel? Thoughts:				
	WEEKE	ND ACTIVITIE	S			Weeky Wrap-up					
Satruday		Monday									
Weekly Recap: Completion, Competition and Capability				(Did yo	u cor	nplete, Did y	ou compete	, Did you do	to your full o	capacity)	

	RB Wrestling Fall- Pre Season										
Monday 10/7	830-9	30 Wres	tling Room	n Drill/Tec	hnique		Wrestling Room Circuit 9:30-9:50				
				Ma	at Time W	ork					
EDD's	,							Co	aches Ch	oico Drill	
LDD	•								acries Cri	oice Dilli	
				Agilit	y and Tun	nbling					
Notes: How did it feel? Thoughts:						Football Field Drill 9:15-9:45 Match Sprint #1 (standard)					
Tuesday 10/8			Footba	all Field D	rill 9:15-9:	45					
	ne			Match	n Sprint #	1 (standar	d)				
Pull-ups	25	BW	Time Cor	mpleted:				on opinic in a (ottailed)			
Push-up	50	BW					Match Sprint #2 (Coaches Choice)				
Squats	75	BW					Match Sp	rina #3 (C	oaches C	hoice)	
Sit-ups	100	BW									
Neder of Levy died in facility	0 Th				1	Niete er I I erred	11 12 to a 10 Th a				
Notes: How did it feel	? Thoughts:					Notes: How d	lid it feel? Thou	ugnis:			
				We	dnesday	10/9					
					Class Work	(
	Anal	yzing Film			Notes:						
	Accoun	tability Chec	k								

	Workout Days (Week 7)										
Thursday 10/10		Weigh	t Room 83	80-9:15			Footb	all Field D	rill 9:15-9:	45	
	30 Mi	nute Circu	ıit AMRAP)			L	ong Inter	/al Run		
1 Lap	Track	Pole L	unges	BW		20 Sprin	t/30 Jog,	Jog, 15 Sprint/30 Jog, 10 Sprint/30 Jog Repeat 1 Mile			
25 Shoulder Press	45	15 Bu	rpeers	BW			Stance/Handfight				
25 Bent over Row	95	30 Alt Bio	cep Curls	Choice	JS:	Motion 2 Mins	10 Fakes	10 Pass bys	10 Get to underhook	10 Drags	
Pole Farmer Walk	HVY	30 Band	l Triceps	Choice	Rotations:	10 Elbow passes	10 get to Inside tie	10 Get to Elbow	10 Reaction1/2/3	Hand Fight 5 Minutes	
Notes: How did it feel?	? Thoughts:					Notes: How d	lid it feel? Tho	ughts:			
Friday 10/11 830-9:30 Wrestling Room Drill/Te					hnique		Wrestling	g Room C	ircuit 9:30	-9:50	
				Ma	at Time W	ork					
EDD'-								0.0	Ob	aiaa Duill	
EDD's									aches Ch	oice Drill	
FI					exibility W	ork					
Notes: How did it feel?	? Thoughts:					Notes: How did it feel? Thoughts:					
	WEEKEI	ND ACTIVITIE	S			Weeky Wrap-up					
Satruday		SUNDAY									
Weekly Recap: Completion, Competition and Capability (Did				(Did you co	mplete, Did y	ou compete	, Did you do	to your full o	capacity)		

	RB Wrestling Fall- Pre Season									
Monday 10/14	830-9	9:30 Wres	tling Room	n Drill/Tec	hnique		Wrestling	g Room C	ircuit 9:30	-9:50
				Ma	at Time W	ork				
EDD's	2							Co	aches Ch	oice Drill
	,								deries on	OICC DIIII
				Agilit	y and Tum	nbling				
Notes: How did it feel? Thoughts:						Notes: How d	id it feel? Tho	ughts:		
Tuesday 10/15		Weigh	t Room 83	30-9:15			Footba	all Field D	rill 9:15-9:	45
	ne									
Pull-ups	25	BW	Time Cor	Time Completed:						
Push-up	50	BW					;	Stadium F	Routine	
Squats	75	BW								
Sit-ups	100	BW								
Notes: How did it feel	? Thoughts:					Notes: How d	id it feel? Tho	ughts:		
				Wed	dnesday 1	0/16				
					Class Work					
The f	un in getting	better (Prod	cess driven)		Notes:					
	Winning? \	What is Winr	ning?							

	Workout Days (Week 8)											
Thursday 10/17		Weigh	t Room 83	30-9:15				Footb	all Field D	rill 9:15-9:	45	
	30 Mi	nute Circu	uit AMRAP	•					ong Inter			
1 Lap	Track	Pole L	unges	BW			20 Sprin	t/30 Jog,	Jog, 15 Sprint/30 Jog, 10 Sprint/30 Jog Repeat 1 Mile			
25 Shoulder Press	45	15 Bu	rpeers	BW				Match Sprint (Coaches Choice)			pice)	
25 Bent over Row	95	30 Alt Bi	cep Curls	Choice	ns:			Ş	Stance/Ha	ndfight		
Pole Farmer Walk	HVY	30 Band	Triceps	Choice	Rotations:		Motion 2 Mins	10 Fakes	10 Pass bys	10 Get to underhook	10 Drags	
							10 Elbow passes	10 get to Inside tie	10 Get to Elbow	10 Reaction1/2/3	Hand Fight 5 Minutes	
Notes: How did it feel?	Thoughts:						Notes: How d	id it feel? Tho	ughts:	•		
Friday 10/18 830-9:30 Wrestling Room Drill/Te					hnique			Wrestling	g Room C	ircuit 9:30	-9:50	
	at Time	W	ork									
EDD)									Co	aches Ch	oioo Drill	
EDD's	•									aches Ch	oice Dilli	
F						W	ork					
Notes: How did it feel?	? Thoughts:						Notes: How d	id it feel? Tho	ughts:			
	WEEKEI	ND ACTIVITIE	S			Weeky Wrap-up						
Satruday		SUNDAY										
Weekly Recap: Completion, Competition and Capability (Did you complete, Did yo					ou compete	, Did you do	to your full o	capacity)				

	RB Wrestling Fall- Pre Season									
Monday 10/21	830-9	9:30 Wres	tling Room	n Drill/Tec	hnique	Wrestling Room Circuit 9:30-9:50				
				Ma	at Time W	ork				
EDD's	,							Co	aches Ch	oice Drill
	,								acrics of	OIGC DIIII
				Agilit	y and Tun	nbling				
Notes: How did it feel? Thoughts:						Notes: How d	lid it feel? Tho	ughts:		
Tuesday 10/22	30-9:15			Footb	all Field D	rill 9:15-9:	45			
			;	Stadium R	outine					
Pull-ups	25	BW	Time Completed:				Stance/Handfight			
Push-up	50	BW				Motion 2 Mins	10 Fakes	10 Pass bys	10 Get to underhook	10 Drags
Squats	75	BW				10 Elbow passes	10 get to Inside tie	10 Get to Elbow	10 Reaction1/2/3	Hand Fight 5 Minutes
Sit-ups	100	BW								
	Field/Track	k/Stadium	Drill							
Notes: How did it feel	? Thoughts:					Notes: How d	lid it feel? Tho	ughts:		
				Wed	dnesday 1	0/23				
					Class Worl	(
	Champior	n Vs. Chump	oion		Notes:					
В	eing a Brond	o The RB S	tandard							
•										

	Workout Days (Week 9)									
				Th	ursday 10	/24				
Finals Study Hall Notes: How did it feel? Thoughts:								ackets Co	mpletion/L	Jpdate
Notes: How did it fee			Notes: How d	id it feel? Thou	ughts:					
Friday 10/25 830-9:30 Wrestling Room Drill/Techni							Wrestling	g Room C	ircuit 9:30	-9:50
	Mat Time Work									
EDD'	s 							Co	aches Ch	oice Drill
	Fle	exibility Wo	ork							
Notes: How did it fee	l? Thoughts:					Notes: How d	id it feel? Thou	ughts:		
	WEEKEI	ND ACTIVITIE	s			Weeky Wrap-up				
Satruday		SUNDAY								
Weekly	r Recap : Cor	npletion, Col	mpetition an	d Capability	(Did you con	nplete, Did y	ou compete	, Did you do	to your full o	capacity)

	RB Wrestling Fall- Pre Season										
Monday 10/28	No School										
	No School- 1 Mile Run at Ho	ome. Tim	e:								
Notes: How did it feel?	? Thoughts:		Notes: How did it feel? Thoughts:								
Tuesday 10/29											
		Testing									
Notes: How did it feel?	? Thoughts:		Notes: How did it feel? Thoughts:								
	Wed	dnesday 1	0/30								
		Class Work									
	Why Coaches Coach	Notes:									
	Goal Packets										
_											

	Workout Days (Week 9)									
Thursday 10/31										
		Testing								
Notes: How did it feel? Thoughts:			Notes: How did it feel? Thoughts:							
Friday 11/1		Testing								
Notes: How did it feel? Thoughts:			Notes: How did it feel? Thoughts:							
WEEKE	END ACTIVITIES		Weeky Wrap-up							
Satruday	Sunday									
Weekly Recap: Col	mpletion, Competition and Ca	pability (Did you con	nplete, Did you compete, Did you do to your full capacity)							

Performance Goal 1	Performance goal 2	Performance Goal 3	Performance Goal 4
	Bench	Marks	
What O	bstacles might stop	you from Reachin	ng goals?
What Po	eople are going to s	support you on you	r goals?