



NAME: _____

GRADE: _____

Master Schedule								
Day	Testing	Comp	Classwork	Other	Weights/Conditioning	Wrestling Specific	HOME	Location
Wed 8/21/2024				Testing Breakdown/College Packets				804
Thu 8/22/2024				Bench/Squat/Pull-up (Weight)				Weight room
FRI 8/23/2024				400/ Power Clean/ (Make-up)				Track/Weightroom
Mon 8/26/2024				Squat BW+25/Bench BW (Make-up)				Weight room
Tue			GVT Lower			Stance Work and Hand Fighting		Weight room/ Field
Wed			Goal Setting on	Testing/College Packets/Elite HS to College Packets				804
Thu			GVT Upper			Match Sprint #1		Weight Room/Field
Fri			EDD Teach			PPS 12 Minutes		Wrestling Room
Sat			TBD			TBD		
Sun			Rest			Rest		HOME
Mon 9/2/2024				No School- 1 Mile For Time!				HOME
TUE			GVT Lower			Stance Work and Hand Fighting		Weight Room/Field
Wed				High School Course Calander/ Goal packets				804
Thur			GVT Upper			Match Sprint #2		Weight Room/Field
Fri			EDD Review			PPS 14 Minutes		Wrestling Room
Sat			TBD			TBD		
Sun			Rest			Rest		HOME
Mon 9/9/24				EDD's Then Open Positions work		10 Minute Killer		Wrestling Room
Tue			GVT Lower			Stance Work and Hand Fighting		Weight Room/Field
Wed			Athlete Nutrition (Match Day/ IN Season)	How to be a Kid and an Athlete (Smart Decisions) Social Media				804
Thu			GVT Upper			Match Sprint #3 (2 matches)		Weight Room/Field
Fri			Edd Then Physical Positions work			PPS 16 Minutes		Wrestling Room
Sat			TBD			TBD		
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 Culture				804
Thu			GVT Upper			Match Sprint #4 (2 Matches +)		Weight Room/Field
Fri			EDD Then Coaches Choice Drill			PPS 18 Minutes		Wrestling Room
Sat			SpookFest			SpookFest		Temecula Valley
Sun			Rest			REST		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		804
Thu			GVT Upper			Match Sprint #5 (2 Matches +)		Weight Room/Field
Fri			EDD Then Coaches Choice Drill			PPS 20 Minutes		Wrestling Room
Sat			TBD			TBD		
Sun			Rest			REST		HOME
Mon 9/30/24				No School- 1 Mile For Time!				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		Flexibility work		Wrestling Room
Sat				World Challenge		World Challenge		Clovis West
Sun				World Challenge		World Challenge		Clovis West
Mon 10/7/24				EDD Then Coaches Choice Drill		Agilities/Tumbling		Wrestling Room
Tue				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		Rest		HOME
Mon 10/14/24				EDD Then Coaches Choice Drill		Agilities/Tumbling		Wrestling Room
Tue				Circuit Competions for time		Stadium Routine		Weight Room/Field
Wed				The fun in getting better (Process driven)		Winning? What is Winning?		804
Thu				Circuit AMRAP		Interval run/Match Sprint/ Stance Work Hand fight		Weight Room/Field
Fri				EDD Then Coaches Choice Drill		Flexibility work		Wrestling Room
Sat				FreakShow		FreakShow		Las Vegas
Sun				FreakShow		FreakShow		Las Vegas
Mon 10/21/24				EDD Then Coaches Choice Drill		Agilities/Tumbling		Wrestling Room
Tue				Circuit Competions for time		Stadium Routine/ Stance Hand fight		Weight Room/Field
Wed				Champion Vs. Chumpion		Being a Bronco The RB Standard		804
Thu				Finals Study Hall		College Packets Update		804
Fri				Class Does not meet Due to Finals				
Sat				Halloween open		Halloween Open		Cerritos College
Sun				Rest		Rest		HOME
Mon 10/28/24				No School- 1 Mile For Time!				Home
Tue				Bench/Squat/Pull-up (Weight)				Weight Room
Wed				Why Coaches Coach		SEASON CHAT		804
Thu				400/ Power Clean/ (Make-up)				Track/Weightroom
Fri				Squat BW+25/Bench BW (Make-up)				Weight room
Sat				1st day of SEASON!				
Sun				Rest		re		HOME
In Season Class Schedule								
Monday 11/4/2024				Agilities		Conditioning work		Track
Tue				Circuit/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		
sun				Active Recovery		Active recovery		

Wrestling Max Lifts/ Goals

Name	Weight	Bench Max	Squat Max	Power Clean	400 time	Pull-up Max	Squat BW +25	Bench BW	Differential	2 Sentences on why this is important to you:
	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	
Johnny Wrestle	165	225	315	185	58	20	20	20	20.4	
Differential Equation: $7 + (\text{Total Bench/Squat PowerClean}) / \text{Weight} + 7 + (\text{Total Pull-up/Squat reps/Bench Reps}) - 400 \text{ Time}$										
									#DIV/0!	Pre- Test(March)
										GOAL 1
Date:		Examiner:				Notes on Mood Sleep Etc:				
									#DIV/0!	Test 1 (April)
										GOAL 2
Date:		Examiner:				Notes on Mood Sleep Etc:				
									#DIV/0!	Test 2 (May)
										GOAL 3
Date:		Examiner:				Notes on Mood Sleep Etc:				
									#DIV/0!	Test 3 (June)
										GOAL 5
Date:		Examiner:				Notes on Mood Sleep Etc:				
									#DIV/0!	Test 4 (TBD)
										GOAL 5
Date:		Examiner:				Notes on Mood Sleep Etc:				

RB Wrestling Fall- Pre Season

Monday 8/26 Testing Day

Final Testing Day

Notes: How did it feel? Thoughts:

Tuesday 8/27 Weight Room 830-9:30 Football Field Drill 9:30-9:45

	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	___ 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 Reaction 1/2/3	Hand Fight 5 Minutes

Notes: How did it feel? Thoughts:

Wednesday 8/28

Class Work

Goal Setting on Testing/College Packets Elite HS to College Packets

Fill out PACKETS

HS PACKETS	GOAL Packets

Notes:

Workout Days (Week 1)										
Thursday 8/29	Weight Room 830-9:30					Conditioning 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
Football Field/Track/Stadium Drill				1 Match Sprint: 1 Lap < 2 Minutes, 4-100's <:30, 8-50's <:15						
Notes: How did it feel? Thoughts:						Notes: How did it feel? Thoughts:				
Friday 8/30	830-9:30 Wrestling Room Drill/Technique					Wrestling Room Circuit 9:30-9:50				
Mat Time Work										
EDD's										
Room Circuit										
Pull-up 5, Push-up 10, Squat 15 (12 Minutes)					1	2	3	4	5	6
					7	8	9	10	11	12
Notes: How did it feel? Thoughts:						Notes: How did it feel? Thoughts:				
WEEKEND ACTIVITIES					Weekly Wrap-up					
Saturday	Sunday									
Weekly Recap: Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)										

RB Wrestling Fall- Pre Season

Monday 9/2

No School

No School- 1 Mile Run at Home. Time: _____

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

Tuesday 9/3

Weight Room 830-9:30

Football Field Drill 9:30-9:45

	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	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 Reaction 1/2/3	Hand Fight 5 Minutes

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

Wednesday 9/4

Class Work

Goal Setting on Testing/College Packets Elite HS to College Packets

Notes:

Workout Days (Week 2)

Thursday 9/5	Weight Room 830-9:30	Conditioning 9:30-9:50
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	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 Field/Track/Stadium Drill

1 Match Sprint: 1 Lap < 2 Minutes, 4-100's < :30, 8-50's < :15

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

Friday 9/6	830-9:30 Wrestling Room Drill/Technique	Wrestling Room Circuit 9:30-9:50
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Mat Time Work

EDD's										
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Room Circuit

Pull-up 5, Push-up 10, Squat 15 (14 Minutes)	1	2	3	4	5	6	7
	8	9	10	11	12	13	14

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

WEEKEND ACTIVITIES

Weekly Wrap-up

Saturday	Sunday	

Weekly Recap: Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)

RB Wrestling Fall- Pre Season

Monday 9/9	830-9:30 Wrestling Room Drill/Technique	Wrestling Room Circuit 9:30-9:50
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Mat Time Work

EDD's										OPEN OFFENSE

Room Circuit

10 Minute Killer									

Notes: How did it feel? Thoughts:		Notes: How did it feel? Thoughts:
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Tuesday 9/10	Weight Room 830-9:30	Football Field Drill 9:30-9:45
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	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	___ 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 did it feel? Thoughts:
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Wednesday 9/11

Class Work

Athlete Nutrition (Match Day/ IN Season)/	Notes:
How to be a Kid and an Athlete (Smart Decisions) Social Media	

Workout Days (Week 3)										
Thursday 9/12	Weight Room 830-9:30					Football Field Drill 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
Football Field/Track/Stadium Drill				2 Match Sprints: 1 Lap < 2 Minutes, 4-100's <:30, 8-50's <:15						
Notes: How did it feel? Thoughts:						Notes: How did it feel? Thoughts:				
Friday 9/13	830-9:30 Wrestling Room Drill/Technique					Wrestling Room Circuit 9:30-9:50				
Mat Time Work										
EDD's										Physical Positions
Room Circuit										
Pull-up 5, Push-up 10, Squat 15 (16 Minutes)	1	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15	16		
Notes: How did it feel? Thoughts:						Notes: How did it feel? Thoughts:				
WEEKEND ACTIVITIES					Weekly Wrap-up					
Saturday	Sunday									
Weekly Recap: Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)										

RB Wrestling Fall- Pre Season

Monday 9/16

830-9:30 Wrestling Room Drill/Technique

Wrestling Room Circuit 9:30-9:50

Mat Time Work

EDD's

Tie Postions

Room Circuit

10 Minute Killer

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

Tuesday 9/17

Weight Room 830-9:30

Football Field Drill 9:30-9:45

1 2 3 4 5 6 7 8 9 10

Squats

___ X10 ___ X10 ___ X10 ___ X10 ___ X10 ___ X10 ___ X10 ___ X10 ___ X10 ___ X10 ___ X10

Shouler Press

___ X10 ___ X10 ___ X10 ___ X10 ___ X10 ___ X10 ___ X10 ___ X10 ___ X10 ___ X10 ___ X10

Hammy Killers

___ X10 ___ X10 ___ X10 xx xx xx xx xx xx xx xx

Blice/Tricep

___ 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 did it feel? Thoughts:

Wednesday 9/18

Class Work

Program Culture

Notes:

Notes:

Workout Days (Week 4)

Thursday 9/19	Weight Room 830-9:30					Football Field Drill 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 Field/Track/Stadium Drill				2 Match Sprints: 1 Lap < 2 Minutes, 4-100's < :30, 8-50's < :15 +OT						

Notes: How did it feel? Thoughts:		Notes: How did it feel? Thoughts:
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Friday 9/20	830-9:30 Wrestling Room Drill/Technique					Wrestling Room Circuit 9:30-9:50				
Mat Time Work										
EDD's										Coaches Choice Drill
Room Circuit										
Pull-up 5, Push-up 10, Squat 15 (18 Minutes)	1	2	3	4	5	6	7	8	9	
	10	11	12	13	14	15	16	17	18	

Notes: How did it feel? Thoughts:		Notes: How did it feel? Thoughts:
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WEEKEND ACTIVITIES				Weekly Wrap-up						
Saturday	Sunday									

Weekly Recap: Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)

RB Wrestling Fall- Pre Season

Monday 9/23	830-9:30 Wrestling Room Drill/Technique	Wrestling Room Circuit 9:30-9:50
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Mat Time Work

EDD's								Coaches Choice Drill

Room Circuit

15 Minute Killer									

Notes: How did it feel? Thoughts:		Notes: How did it feel? Thoughts:
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Tuesday 9/24	Weight Room 830-9:30	Football Field Drill 9:30-9:45
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	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	___ 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 did it feel? Thoughts:
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Wednesday 9/25

Class Work

Core Covenants	Notes:
Reclaiming/Assesing Motivation and Aligning Goals	

Workout Days (Week 5)

Thursday 9/26	Weight Room 830-9:30					Football Field Drill 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
Football Field/Track/Stadium Drill				2 Match Sprints: 1 Lap < 2 Minutes, 4-100's < :30, 8-50's < :15 +OT						
Notes: How did it feel? Thoughts:						Notes: How did it feel? Thoughts:				

Friday 9/27	830-9:30 Wrestling Room Drill/Technique					Wrestling Room Circuit 9:30-9:50				
Mat Time Work										
EDD's										Coaches Choice Drill
Room Circuit										
Pull-up 5, Push-up 10, Squat 15 (20 Minutes)	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
Notes: How did it feel? Thoughts:						Notes: How did it feel? Thoughts:				

WEEKEND ACTIVITIES				Weekly Wrap-up						
Saturday	Sunday									

Weekly Recap: Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)

Workout Days (Week 6)											
Thursday 10/3		Weight Room 830-9:15				Football Field Drill 9:15-9:45					
30 Minute Circuit AMRAP						Sprints					
1 Lap	Track	Pole Lunges	BW	Rotations:	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 complete then 10 Break			
25 Bent over Row	95	30 Alt Bicep Curls	Choice		Stance/Handfight						
Pole Farmer Walk	HVY	30 Band Triceps	Choice		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 Reaction 1/2/3	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/Technique				Wrestling Room Circuit 9:30-9:50					
Mat Time Work											
EDD's									Coaches Choice Drill		
Flexibility Work											
Notes: How did it feel? Thoughts:					Notes: How did it feel? Thoughts:						
WEEKEND ACTIVITIES					Weekly Wrap-up						
Saturday		Monday									
Weekly Recap: Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)											

Workout Days (Week 7)									
Thursday 10/10		Weight Room 830-9:15				Football Field Drill 9:15-9:45			
30 Minute Circuit AMRAP					Long Interval Run				
1 Lap	Track	Pole Lunges	BW	Rotations:	20 Sprint/30 Jog, 15 Sprint/30 Jog, 10 Sprint/30 Jog Repeat 1 Mile				
25 Shoulder Press	45	15 Burpeers	BW		Stance/Handfight				
25 Bent over Row	95	30 Alt Bicep Curls	Choice		Motion 2 Mins	10 Fakes	10 Pass bys	10 Get to underhook	10 Drags
Pole Farmer Walk	HVY	30 Band Triceps	Choice		10 Elbow passes	10 get to Inside tie	10 Get to Elbow	10 Reaction 1/2/3	Hand Fight 5 Minutes
Notes: How did it feel? Thoughts:						Notes: How did it feel? Thoughts:			
Friday 10/11		830-9:30 Wrestling Room Drill/Technique				Wrestling Room Circuit 9:30-9:50			
Mat Time Work									
EDD's								Coaches Choice Drill	
Flexibility Work									
Notes: How did it feel? Thoughts:						Notes: How did it feel? Thoughts:			
WEEKEND ACTIVITIES					Weekly Wrap-up				
Saturday		SUNDAY							
Weekly Recap: Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)									

RB Wrestling Fall- Pre Season

Monday 10/14	830-9:30 Wrestling Room Drill/Technique	Wrestling Room Circuit 9:30-9:50
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Mat Time Work

EDD's							Coaches Choice Drill

Agility and Tumbling

Notes: How did it feel? Thoughts:		Notes: How did it feel? Thoughts:
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Tuesday 10/15	Weight Room 830-9:15	Football Field Drill 9:15-9:45
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4 Circuit Completion for Time				Stadium Routine
Pull-ups	25	BW	Time Completed:	
Push-up	50	BW		
Squats	75	BW		
Sit-ups	100	BW		

Notes: How did it feel? Thoughts:		Notes: How did it feel? Thoughts:
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Wednesday 10/16

Class Work

The fun in getting better (Process driven)	Notes:
Winning? What is Winning?	

Workout Days (Week 8)										
Thursday 10/17		Weight Room 830-9:15				Football Field Drill 9:15-9:45				
30 Minute Circuit AMRAP						Long Interval Run				
1 Lap	Track	Pole Lunges		BW	Rotations:	20 Sprint/30 Jog, 15 Sprint/30 Jog, 10 Sprint/30 Jog Repeat 1 Mile				
25 Shoulder Press	45	15 Burpeers		BW		Match Sprint (Coaches Choice)				
25 Bent over Row	95	30 Alt Bicep Curls		Choice		Stance/Handfight				
Pole Farmer Walk	HVY	30 Band Triceps		Choice		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 Reaction 1/2/3	Hand Fight 5 Minutes
Notes: How did it feel? Thoughts:						Notes: How did it feel? Thoughts:				
Friday 10/18		830-9:30 Wrestling Room Drill/Technique				Wrestling Room Circuit 9:30-9:50				
Mat Time Work										
EDD's										Coaches Choice Drill
Flexibility Work										
Notes: How did it feel? Thoughts:						Notes: How did it feel? Thoughts:				
WEEKEND ACTIVITIES					Weekly Wrap-up					
Saturday		SUNDAY								
Weekly Recap: Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)										

RB Wrestling Fall- Pre Season

Monday 10/21	830-9:30 Wrestling Room Drill/Technique	Wrestling Room Circuit 9:30-9:50
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Mat Time Work

EDD's							Coaches Choice Drill

Agility and Tumbling

Notes: How did it feel? Thoughts:		Notes: How did it feel? Thoughts:
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Tuesday 10/22	Weight Room 830-9:15	Football Field Drill 9:15-9:45
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4 Circuit Completion for Time	Stadium Routine
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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 Reaction 1/2/3	Hand Fight 5 Minutes
Sit-ups	100	BW						

Football Field/Track/Stadium Drill	
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Notes: How did it feel? Thoughts:		Notes: How did it feel? Thoughts:
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Wednesday 10/23

Class Work

Champion Vs. Chumpion	Notes:
Being a Bronco The RB Standard	

Workout Days (Week 9)

Thursday 10/24

Finals Study Hall

College Packets Completion/Update

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

Friday 10/25

830-9:30 Wrestling Room Drill/Technique

Wrestling Room Circuit 9:30-9:50

Mat Time Work

EDD's

Coaches Choice Drill

Flexibility Work

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

WEEKEND ACTIVITIES

Weekly Wrap-up

Saturday

SUNDAY

Weekly Recap: Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)

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:

WEEKEND ACTIVITIES

Weekly Wrap-up

Saturday

Sunday

Weekly Recap: Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)

My Goal Sheet (All goals should be specific, Measurable, Attainable, Realistic and on a Time table.)

**Performance
Goal 1**

**Performance
goal 2**

**Performance
Goal 3**

**Performance
Goal 4**



Bench Marks

What Obstacles might stop you from Reaching goals?

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What People are going to support you on your goals?

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