Weekly preparation programme for elite wrestlers

FILA – Coaches – Clinic 2010

Murcia - ESP
Why do you have to plan the training?
We like to make a Champion
Planning of the training

• Only if there is a perfect planning of the training the wrestler can effect optimal performance at the main competition

• The whole planning focuses on the goal: „Optimal performance during European Championships and World Championships, as well as afterwards at the Olympic Games“

• Planning includes:
  • The training session
  • The microcycle – planning for one week
  • The mesocycle – planning for several weeks
  • The macrocycle – planning for several months
Weekly preparation programme for elite wrestlers

The weekly preparation is scientifically termed microcycle.
Weekly programme (Microcycle)

Definition:
Rather small training section consisting of several training units whose content and basic structure of dynamic loading, and therefore whose main effects, are repeated during the course of the training. The intensity is modified according to the development of the athlete's fitness condition.
The weekly preparation programme

Is a short period during an Olympic cycle and ranges as follows:

• Multi-annual plan (Olympic cycle)
• Annual plan (competition year)
• Mesocycle (several weeks)
• Microcycle (weekly training plan)
• Training unit
• **Multi-annual plan** (Olympic cycle)
  • Annual plan (competition year)
  • Mesocycle
  • Microcycle (weekly training programme)
  • Training unit

**Definition:**
The multi-annual plan covers for the most part an Olympic cycle and comprises a basic structure for training, which is concentrated for a goal over several years. In the case of an Olympic cycle the planning spans a four year period and finishes with the Olympic Games as the main competition.
• Multi-annual plan (Olympic cycle)
• **Annual plan (competition year)**
  • Mesocycle
  • Microcycle (weekly training programme)
  • Training unit

**Definition:**
The goal of the annual plan is to reach top performance and to develop athletic form.

In wrestling this is carried out in two cycles (macro cycle). In the annual plan the wrestlers prepare for the two competitive highlights, the European Championships and the World Championships.
• Multi-annual plan (Olympic cycle)
• **Annual plan (competition year)**
  • Mesocycle
  • Microcycle (weekly training programme)
  • Training unit

The training (macro) cycle can be repeated once or twice during the year, depending on the athletes ability. In wrestling it is repeated twice in the majority of cases.

The (macro) cycle has 3 Periods:

a) The Preparation Period
b) The Competition Period
c) The Transition Period

The intensity of the phases reached a steadily increasing level during the training years and ultimately lead to the best performance of the wrestler.
• Multi-annual plan (Olympic cycle)

**Annual plan**

• Mesocycle
• Microcycle (weekly training programme)
• Training unit

**PREPARATION PERIODS Phases 1 + 2:**

Objective: development of athletic form

The Preparation Periods has two phases:

Phase 1: In the first phase overall conditioning training is at the fore.

Phase 2: The second phase focuses on specific methods while reducing the scope of training and increasing the intensity.
• Multi-annual plan (Olympic cycle)

• **Annual plan**
  • Mesocycle
  • Microcycle (weekly training programme)
  • Training unit

**COMPETITION PERIOD:**

Objective: further development of athletic form

The pressure of the different competitions facilitates the development and stabilisation of the individual athlete's top form. The quantity and quality of competitions entered is dependant upon the individual's capacity for handling the pressure.
TRANSITION PERIOD:

Objective: active recuperation and regeneration of the athlete

In this phase of loss of form, the intensity and scope of the training is reduced. "Active recuperation" is achieved by participating in complementary sports, which prevent performance parameters from declining too sharply: in this way wrestlers will be able to keep their fitness at the agreed level by playing team sports (soccer etc.), and swimming, fitness etc. and recuperate as necessary at the same time.
• Multi-annual plan (Olympic cycle)
• Annual plan (competition year)

• **Mesocycle**
  • Microcycle (weekly training programme)
  • Training unit

**Definition:**
A rather medium-term training section (approx. 3-6 weeks) consisting of several microcycles whose content and basic structure of dynamic loading, and therefore whose main effects, are repeated during the course of the training, and whose intensity is modified according to the development of the athlete's fitness condition.
• Multi-annual plan (Olympic cycle)
• Annual plan (competition year)
• Mesocycle

• **Microcycle (weekly training programme)**
  • Training Unit

**The weekly training programme:**
The repetition of a weekly training plan can take place directly or be alternated with another weekly training plan.

The weekly training plan follows the calendar week for the most part, as this allows an easy planning
Weekly training programme

The role of a weekly training programme is to ensure an optimal proportion of exertion to recuperation.

The weekly plan should combine the effects of the individual training units and its overall effect should be to steer the training in the predetermined direction of the higher level mesocycle.
## Structure of a Microcycle

### Load distribution:

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
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**Intensity**
Example

Weekly Preparation Programm
during the

Preparation Period
## Example 1 - Weekly Training Programme Senior Freestyle Team

Training Units and Contents in one Week

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>Strength training (Hypertrophy)</td>
<td>Strength Training</td>
<td>60 - 90 min Game</td>
<td>Strength training (Hypertrophy)</td>
<td>Strength Training</td>
<td>Active Recuperation With gymnastics</td>
<td>Time Off</td>
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<td></td>
<td>Strength Endurance 40 min At 1 min load and 1 min break</td>
<td>(soccer, basketball, tennis)</td>
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<tr>
<td><strong>Afternoon</strong></td>
<td>120 - 150 min Bicycle Tour</td>
<td>120 - 150 min Bicycle Tour</td>
<td>Active Recuperation With gymnastics</td>
<td>120 - 150 min Bicycle tour</td>
<td>120 - 150 min Bicycle tour</td>
<td>Time Off</td>
<td>Recuperation with Swimming</td>
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<tr>
<td><strong>Dinner</strong></td>
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<tr>
<td><strong>Evening</strong></td>
<td>Physiotherapy</td>
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<td>Physiotherapy</td>
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</table>
Example 2

Preparation Period 1

Preparation Period 2

Competition Period

Transition Period

Preparation Period 1

Preparation Period 2

Example 2

Competition Period

Transition Period

WC LL Istanbul / TUR
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td><strong>10:00 o'clock:</strong> 10' Warm-Up Strength</td>
<td><strong>11:00 o'clock:</strong> 10' Warm-Up</td>
<td><strong>10:00 o'clock:</strong> 10' Warm-Up</td>
<td><strong>10:00 o'clock:</strong> 10' Warm-Up</td>
<td><strong>11:00 o'clock:</strong> 10' Warm-Up</td>
<td><strong>10:00 o'clock:</strong> 45' active Recuperation</td>
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<td></td>
<td>Training (Hypertrophy)</td>
<td>45' individual technic</td>
<td>60 min Running</td>
<td>10' Warm-Up</td>
<td>45' individual technic</td>
<td>(Running / Gymnastics, Swimming)</td>
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<tr>
<td>Lunch</td>
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<tr>
<td>Afternoon</td>
<td>starting 14:00 o'clock: 45' Video Training</td>
<td>Massage</td>
<td>starting 14:00 o'clock: 45' Video Training</td>
<td>Massage</td>
<td>Massage</td>
<td>Time Off</td>
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<tr>
<td>Dinner</td>
<td>18:00 o'clock: Preload 30' Techniques</td>
<td>18:00 o'clock: Preload 30' Techniques</td>
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<td>Evening</td>
<td>Standing/Par Terre 40' Continuous Wrestling</td>
<td>Standing/Par Terre 40' Continuous Wrestling</td>
<td>Recuperation</td>
<td>Standing/Par Terre 40' Continuous Wrestling</td>
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<td>Standing/Par Terre 40' Continuous Wrestling</td>
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<td>Cool-Down Running, Stretching</td>
<td>Cool-Down Running, Stretching</td>
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04. - 10.07.2011 (Preparation Period 2)
# Example 3 - Weekly Training Programme Senior Freestyle Team

## Training Units and Contents in one Week

### 22. - 28. 08.2011 (Competition Period)

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
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</thead>
<tbody>
<tr>
<td>Morning</td>
<td><img src="image" alt="Hat and Swords" /></td>
<td>10:00 o'clock: 60 min Running 15 min Stretching</td>
<td>Time Off</td>
<td>Active Recuperation With gymnastics</td>
<td>11:00 o'clock: 10' Warm-Up 45' individual technic</td>
<td>Time Off</td>
<td>Active Recuperation With gymnastics</td>
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The plan for the training session

• Includes practical information for the structuring of each training session
• Describes the aspired load, as well as methods, contents, and means
• Provides information about
  – The warm-up programme
  – The focus of the training session
  – The end of the training
Structure of a training unit

- Preparational part
- Main part
- Closing part
- Follow-Up
Preparational Part

„Preparation is the optimal adjustment of the athlete to the requirements of the training session by means of psychological and educational regulation of behaviour with help of the physical preparation. A positive and confident position towards the exercise will upgrade the training effect.“
• Creating optimal readiness for the training
• Providing optimal muscle elasticity by loosening and stretching exercises
• Implementation of specific movements, reach optimal ability to respond
• Duration: about 15 – 30 minutes
• From general to specific physical preparation
• General physical preparation:
  – Simple, familiar exercises
  – Easy running exercises
  – Loosening and stretching exercises (gymnastics)
  – Ball games
• Specific physical preparation:
  – Preparation for the main part of the training by increasingly specific exercises
Main Part

• Exercises that focus on consolidation and advancement of the athletic performance

• Individual exercises, mainly for technical-tactical education and for endurance oriented education

• Consideration of the correct order of load when educating several exercises during one training unit

• Duration: about 45 – 60 Minutes
Closing Part

• Gradual load reduction with exercises relaxing and stretching the muscles, releasing the neural stress by decreasing concentration

• Aktive readjustment of cardiovascular system and metabolism to pre-load values (e.g. running down)

• Emphasis on fun at the end of the training session for a positive attitude towards the next training session
Follow-up

• Follow-Up:
  – Analysis of the training session regarding its effectivity

• Training documentation

→ Follow-up is important for an optimal management and control of the training process
Thank you very much for your attention
Questions?