



Training Method for wrestlers during the period before the competition

**FILA – Coach – Clinic
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Las Vegas - USA

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Training Method for
wrestlers during the period
before the competition

Plan for the
„Direct competition
preperation“

(german: **UWV** – Unmittelbare Wettkampfvorbereitung)



The aim of the whole year planning ó
Especially in the planning befor the
competition (direct competition preperation)



Achieving the optimal personal maximum
power at any given time

here: **Main Competition**

European championship

World championship

Olympic Games



Why do you have to plan
the training?



We like to make a Champion

Buvaisar Saitiev or Jordan Burroughs





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:**

- “ Multi-annual plan (Olympic cycle)
- “ Annual plan (competition year)
- “ Mesocycle
- “ Microcycle (weekly training programme)
- “ Training unit



" Multi-annual plan (Olympic cycle)

- " Annual plan (competition year)
- " Mesocycle
- " Microcycle (weekly training programme)
- " Training unit

Definition:

The multi-annual plan **mostly covers an Olympic cycle** and **comprises a basic structure for training**, which is **focused on the main goal** over several years. In the case of an Olympic cycle the planning comprises 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 (competition year)**

“ Mesocycle

“ Microcycle (weekly training programme)

“ Training unit

PREPARATION PERIODS Phases 1 + 2:

Goal: development of athletic form

The Preparation Periods has **2 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 (competition year)**

“ Mesocycle

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COMPETITION PERIOD:

Goal: further development of athletic form

The load of the different competitions enables 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 load.



" Multi-annual plan (Olympic cycle)

" **Annual plan (competition year)**

" Mesocycle

" Microcycle (weekly training programme)

" Training unit

TRANSITION PERIOD:

Goal: active recovery and regeneration of the athlete

In this **phase of loss of form**, the intensity and scope of the training is reduced. "**Active recovery**" 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 recover as necessary at the same time.

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- " 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.**



A part of the Mesocycle is „direct competition preparation“



Important issues concerning the šdirect competition preparationõ

Parts from Prof. Tünnemann 2007



The **most complicated and sensitive phase** in the whole process of preparing for major sporting competitions represents **the period of direct competition preparation**

Main Goals:

- “ **High level of commitment**
and **performance** (athletic top shape) at the moment of forthcoming major competition
- “ **Optimum adaptation** to the **specific and complex requirements of the competition**
(Place and procedure)



Realizing **4-5 fights per day** and the **power density** in the weight classes strongly affects the methodology of the physical and technical-tactical preparation.

Above all, the organization of direct competition preparation is affected by these issues.

Especially during the competitions, are measures of the **fast recovery** and **aspects of diet** between matches needed



Phase of performance:

- “ lasts approx. 1-2 weeks
- “ Focusing on **complex athletic performance**
 - ➡ at the beginning under certain conditions of training,
 - ➡ later under certain conditions of competition

Means: **mainly competition exercises**

- ➡ general exercises to balance load
- ➡ competition-like intensity of competition exercises,
- ➡ average load in the exercises to compensate



Test matches:

” have a **special function in the direct competition preparation**

Goals:

- ❖ **check** the performance,
- ❖ **stabilize** the technique and tactical concept of operation of the contest,
- ❖ **develop** the complex competition performance
- ❖ **adapt** to the expected competition rhythm
- ❖ Creation of **self-confidence** (opponent selection)



Preparation and adaptation to the specific competitive

Different competition may have adverse effects. To minimize the effect of these influences **comprehensive measures to adapt** to the specific conditions of competition are required.



Adapting to a changing day-night rhythm

Time shifts of
five to six hours



local adaptation of
four to five days.

Options for adaptation:

- “ Five to seven days of **prior arrival** to the competition
- “ An immediate plan adaption of life and training to the new local time
- “ Adaptation to the time at the place of competition already **at home**
Europe to the U.S. → go to bed later and sleep longer
- “ **West to East** is **more difficult** than East to West



The adjustment to the general competition law atmosphere

possible factors for limited performance for athletes at the competition:

the behavior of the **audience**,
the **local population**,
the **media**,
the **referees**
and other **special features**

Preparation is possible by:

- “ **Transfer of knowledge** through discussions, images, videos and CD-ROM,
- “ Competitions under **simulated conditions** (e.g. test competition with judges, audience, questionable referee decisions, altering the timetable)
- “ **Participation in competitions** on future competition site.



Summary of “direct competition preparation”:

- ” The realization of individual peak performance requires **high performance in “direct competition preparation”** (“beginning of the performance”).
- É The direct competition preparation should have a **minimum duration of 10 days**.
- É Set of three **intense peaks** (loads)
- É The organization of the optimal course allows **adequate rest** between days of high load and an **extensive regeneration**.
- É The **interval between the times of high load** is 2 to 3 days.
- É In addition to training methodology measures (significant reduction of the load) **passive** (sauna, relaxation, pool) and **active physiotherapy** (massages) are integral components of the regeneration processes



É There are hardly any studies on the **optimal duration of pause** between the end of the direct competition preparation and the major event.

Based on own experiences and considering my best competitions **8 to 12 days are recommended.**

É Within this period, the **competitive performance** will be **stabilized**. During this time, intense peaks are set, which have to be very short. Between exercises **complete regeneration** should be aimed.



“ Individual fighting concepts against tough opponents.

- ➡ The study of the **opponent's strengths and weaknesses** by videos is essential for strategic decisions.
- ➡ **Detailed analysis of videos** is an integral part of the technical and tactical training during direct competition preparation and during the competition.
- ➡ **Individual psychological characteristics** of the athletes **need to be considered**, especially in preparation for the upcoming opponent.



" Multi-annual plan (Olympic cycle)

" Annual plan (competition year)

" Mesocycle

" **Microcycle (weekly training programme)**

" Training unit

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.**



" 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



" Multi-annual plan (Olympic cycle)

" Annual plan (competition year)

" Mesocycle

" **Microcycle (weekly training programme)**

" Training unit

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:

Day 1

Day 2

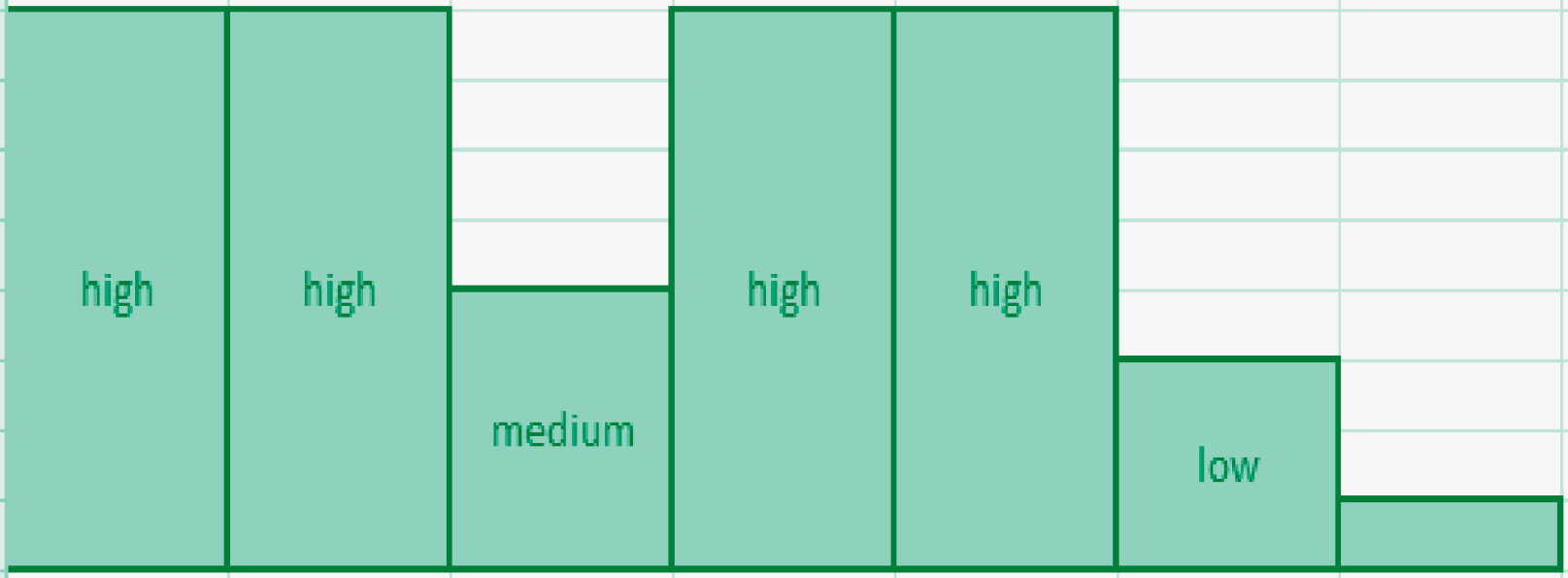
Day 3

Day 4

Day 5

Day 6

Day 7



Intensity



Example

Weekly Preparation Programm

during the

Preparation Period

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EXAMPLE: Weekly Training Programm WC – Preparation during competition period

Training units and contents in one week

02. - 08. 09.2013 (competition period)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	time off ----- take a stroll	active recovery with gymnastics	time off ----- take a stroll	Max. strength training 3 exercises 5 x 50 % 2 x 90 % 1 x 100 % 1 x 95 % long breaks	active recovery with gymnastics	time off ----- take a stroll	<u>Massage</u>
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
After-noon	Training like WORLD- CHAMPIONSHIP 13:00 - 20:00	<u>starting</u> 14:00 o'clock: <u>45'</u> <u>Videotraining</u>	Training like WORLD- CHAMPIONSHIP 13:00 - 20:00	active recovery with gymnastics	<u>starting</u> 14:00 o'clock: <u>45'</u> <u>Videotraining</u>	Training like WORLD- CHAMPIONSHIP 13:00 - 20:00	time off
	4-5 bouts	Dinner	4-5 bouts	Dinner	Dinner	4-5 bouts	Dinner
Evening	with preparation and Cool - Down	Massage	with preparation and Cool - Down	Massage	<u>18:00 o'clock:</u> Preload 30' Technique explosive Cool-Down running, stretching	with preparation and Cool - Down	active recovery with gymnastics



The plan for the training session

- É Includes practical information for the structuring of each training session
- É Describes the aspired load, as well as methods, contents, and means
- É Provides information about
 - ” **The warm-up programme**
 - ” **The focus of the training session**
 - ” **The end of the training**



Structure of a training unit

É Preparational part

É Main part

É Closing part

É 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.õ

(Harre 1979)



- É Creating **optimal readiness** for the training
- É Providing **optimal muscle elasticity** by loosening and stretching exercises
- É Implementation of **specific movements**, reach **optimal ability to respond**
- É Duration: about **15 – 30 minutes**
- É **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

- É Exercises that focus on **consolidation and edvancement** of the athletic performance
- É Individual exercises, mainly for **technical-tactical education and for endurance oriented education**
- É Consideration of the **correct order of load** when educating several exercices during one training unit
- É Duration: about **45 – 60 Minutes**



Closing Part

- É **Gradual load reduction** with exercises relaxing and stretching the muscles, **releasing the neural stress** by decreasing concentration
- É **Aktive readjustment of cardiovascular system and metabolism** to pre-load values (e.g. running down)
- É **Emphasis on fun at the end of the training session** for a positive attitude towards the next training session



Follow-up

É Follow-Up:

- ❖ Analysis of the training session regarding its effectivity

É Training documentation

➡ **Follow-up is important for an optimal management and control of the training – process**



*Thank you very much for
your attention*

Alexander Leipold
Dipl. Coach ó FILA-Instructor