



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 – planing 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.



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



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.



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
Dec 2010	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Dec 2010		
	Preparation Period 1																																	
Jan 2011	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mo	Jan 2011		
	Preparation Period 1															Preparation Period 2																		
Feb 2011	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon				Feb 2011		
	Preparation Period 2																																	
Mar 2011	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Mar 2011		
	Competition Period																												EC Dortmund					
Apr 2011	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Apr 2011			
	EC Dortmund		Transition Period																															
May 2011	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	May 2011		
	Preparation Period 1																																	
Jun 2011	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Jun 2011			
	Preparation Period 1															Preparation Period 2																		
Jul 2011	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Jul 2011		
	Preparation Period 2																																	
Aug 2011	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Aug 2011		
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Sep 2011	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sep 2011			
	Competition Period											WC LL Istanbul / TUR						Transition Period																
Oct 2011	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Oct 2011		
	Transition Period																																	



- 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

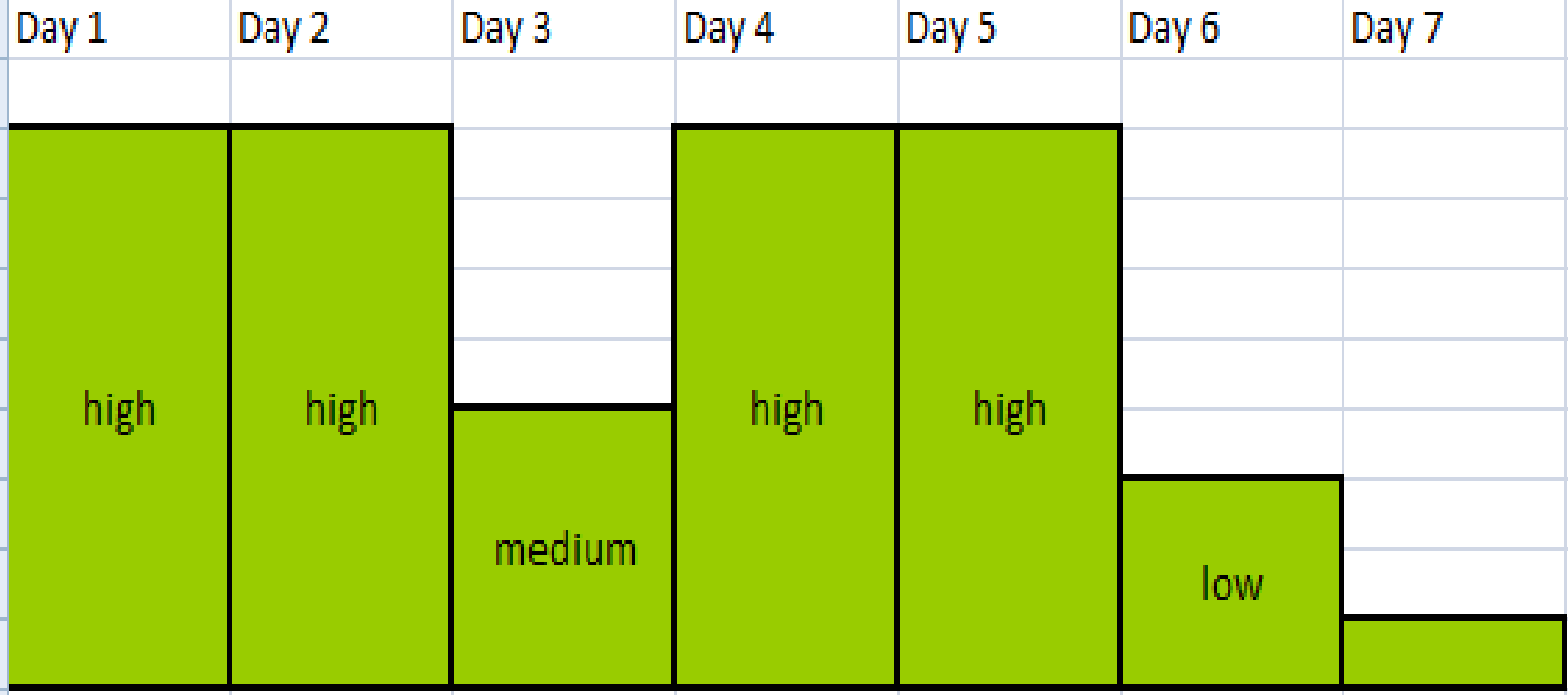
The role of a weekly training programme is to ensure an optimal proportion of exertion to recuperation.

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:



Intensity



Example

Weekly Preparation Programm

during the

Preparation Period



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
Dec 2010	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Dec 2010		
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May 2011	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	May 2011		
	Example 1			Preparation Period 1																														
Jun 2011	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Jun 2011			
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	Transition Period																																	



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	Preparation Period 1			Example 2			Preparation Period 2																											
Aug 2011	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Aug 2011		
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	Transition Period																																	



Example 2 - Weekly Training Programme Senior Freestyle Team

Training Units and Contents in one Week

04. - 10.07.2011 (Preparation Period 2)



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	<u>10:00 o'clock:</u> 10' Warm-Up Strength Training (Hypertrophy)	<u>11:00 o'clock:</u> 10' Warm-Up 45' individual technic	<u>10:00 o'clock:</u> 60 min Running 15 min Stretching	<u>10:00 o'clock:</u> 10' Warm-Up Strength Training (Hypertrophy)	<u>11:00 o'clock:</u> 10' Warm-Up 45' individual technic	<u>10:00 o'clock:</u> 45' active Recuperation (Running / Gymnastics, Swimming)	<u>Time Off</u>
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon	<u>starting 14:00</u> <u>o'clock:</u> 45' Video Training	Massage	<u>starting 14:00</u> <u>o'clock:</u> 45' Video Training	Massage		Massage	<u>Time Off</u>
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Evening	<u>18:00 o'clock:</u> Preload 30' Techniques Standing/Par Terre 40' Continuous Wrestling Cool-Down Running, Stretching	<u>18:00 o'clock:</u> Preload 30' Techniques Standing/Par Terre 40' Continuous Wrestling Cool-Down Running, Stretching	Recuperation	<u>18:00 o'clock:</u> Preload 30' Techniques Standing/Par Terre 40' Continuous Wrestling Cool-Down Running, Stretching	<u>18:00 o'clock:</u> Preload 30' Techniques Standing/Par Terre 40' Continuous Wrestling Cool-Down Running, Stretching		



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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	Competition Period																												Example 3			
Sep 2011	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sep 2011	
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	Transition Period																															



Example 3 - Weekly Training Programme Senior Freestyle Team

Training Units and Contents in one Week

22. - 28. 08.2011 (Competition Period)



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	10:00 o'clock: 60 min Running 15 min Stretching	<u>Time Off</u>	Active Recuperation With gymnastics	11:00 o'clock: 10' Warm-Up 45' individual technic	<u>Time Off</u>	Active Recuperation With gymnastics	Active Recuperation With gymnastics
	Lunch	Lunch	Lunch		Lunch	Lunch	Lunch
Afternoon	Massage	Training just like WORLD CHAMPIONSHIPS 13:00 – 20:00 4-5 Bouts with Preparation and Cool-Down	starting 14:00 o'clock: 45' Video Training	Massage	Training just like WORLD CHAMPIONSHIPS 13:00 – 20:00 4-5 Bouts with Preparation and Cool-Down	Massage	<u>Time Off</u>
	Dinner		Dinner	Dinner		Dinner	Dinner
Evening	18:00 o'clock: Preload 30' Techniques Exclusive Cool-Down Running, Stretching		Recupertation	18:00 o'clock: Preload 30' Techniques Exclusive Cool-Down Running, Stretching		<u>Time Off</u>	<u>Time Off</u>



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?

