



## 8 Week Pre Season Wrestling Program

### Underground Style!

With wrestling season coming shortly (late August as I write this) it's time to make sure your team is ready physically and mentally. More than likely you don't have the budget for fancy equipment, but no worries, that's why we created this site. Refer to the "how to" articles for making your own equipment.

In addition, it's likely that the Football team has access to the weight room more than the wrestling team. The ultimate reason for this article is that this style of training works great for ALL combat athletes. It has true carry over to wrestling. Rowing tires, flipping tires, throwing kettlebells, carrying logs and picking up sand bags all will get a wrestling team incredibly powerful, strong and mentally tough. But, for this article I will create programs using only the tools you can get for free. The one thing you'll invest in are tow straps for rowing and hand over hand pulls (the custodians may even have a few extra pairs just laying around)

Using the bare minimum (only FREE equipment) here is a list of equipment needed:

- Tractor tires 200 – 600 lbs (the lighter tires are great for speed development)
- Small tractor tires 70 – 90 lbs (used for dragging, rowing, pulling, pressing and rotations) – when I mention sled drag, it means tire drag
- Tree Logs, 4ft, 5 ft and 6 ft in length (used for carrying and squatting)

- Stones – various shapes and sizes



Each work out will be repeated three times for that week on non consecutive days of the week (Monday, Wed. and Friday). This gives the athlete time to learn the technique for each exercise, but each work out we will switch the set – rep or time under tension involved. In addition to changing sets – reps and such, also change the order in which you perform the exercises.

**The warm up** should be a mixture of bodyweight calisthenics for upper, lower body and abs / low back. In addition, do some movement activities and some joint mobility. My warm up is a mix of all the above and we also add light kettlebell swings and some band work but bare bones minimum is using your body for a warm up and that is plenty fine.

### **Week 1:**

1. Tire drag forwards and backwards, alternate every 45 seconds, non stop dragging for 6 minutes
2. Tire flips with partner, I go - You go method until each athlete performs 20 reps each.
3. Log carry (zercher style) 3 x 1 minute
4. Small stone hold in each hand 3 x fatigue







**Week 2:**

1. Tire Flip 5 x 15 seconds per set (rest 15 seconds between each set)
2. Large stone carry, bear hug style – 5 x sprint 50 yds. (rest ½ the amount of time it takes you to complete the 50 yd sprint)
3. Sled row x 5 reps followed by backward drag x 30 seconds – repeat for 10 minutes non stop
4. forward sprints with sled 5 x 10 seconds





### Week 3:

1. Log carry zercher style in between zig zag course (set up cones so the athlete must take 6 turns) – make the turns very tight. – 4 sets
2. sled chest press and sled row, alternate every 6 reps for 5 minutes non stop
3. forward sled drag and backward sled drag, alternate every 30 seconds for a total of 5 minutes
4. tire flips with lighter tire 4 x 8 – 12 reps
5. small stones circuit – side laterals, bent over laterals and front raises 3 x 6 in ea.

Direction





#### **Week 4:**

1. sled drag forwards, backwards, laterally to left, laterally to right – 30 steps each direction, continue for 12 minutes non stop
2. Tire Flip 5 x 5 reps
3. log carry on shoulder (1 minute on each shoulder = 1 set = 2 minutes total) 3 sets
4. stone relay (set up 3 stones side by side – finish line is 50 ft away) sprint the stone to finish line, drop, sprint back and pick up next stone – when all 3 stones reach the finish this equals 1 set – 5 sets total 😊







**Week 5: Medley Training** – perform exercises 1 – 4 non stop, record time and try to beat that time on each medley. Rest time is  $\frac{1}{2}$  the time to complete the medley. Five sets total

1. backwards sled drag x 50 ft
2. stone carry x 50 ft
3. tire flip with group of 4, alternating every rep until reaching end of 50 ft (finish line)
4. forwards sled sprint x 50 ft



## Week 6:

1. Log carry and squat – walk 6 steps, squat 2 reps – continue set to fatigue with good form – when squat technique suffers stop (ideally, learn to stop 1 rep before form diminishes)
2. bent over row with stone 4 x 6 reps
3. military press with stone 4 x 5 reps
4. tire flip with light tire 10 sets x 2 reps
5. forward sled drag 5 minutes







**Week 7:**

1. Sled row and presses, alternate every 10 reps x 50 reps each exercise
2. sled rotations 5 in each direction, alternate left and right after every 5 reps, do 25 reps per side
3. stone squatting on shoulder 5 reps per shoulder = 1 set (10 reps total) perform 4 sets
4. Tire Flip 5 x 3 reps
5. Walking lunges holding small stones in hand 3 x 20 steps



## **Week 8: Strongman Competition!!**

Allow wrestlers to form teams of 6, and let them choose team names. Each team member competes in each event and records their time. The team with the lowest total time wins the Strongman Competition and a prize (you come up with the prize...pizza, etc.)



Above / Below: Pro Strongman Brad Cardoza competing with intensity!



Great way to get publicity from local media by benefiting a local cause and your team, perform this event on the football field on a Friday night, charge a small admission fee and donate  $\frac{1}{2}$  to a local charity, other half for the team!



**Here are the contests:**

1. 3 stone relay, 50 ft distance from start to finish line (use heavier stones for wrestlers over 150, and adjust stone weights for wrestlers under 125)
2. forward sled sprint x 50 ft, then backward sled sprint x 50 ft
3. 5 tire flips + run back to start line, pick up log & carry to finish line (50 ft from start point)
4. 30 second military press with stone – max reps in 30 seconds

Another tool you can use, with great caution and care, would be **truck or car pushing**. These are best done on days / times when you have access to a large parking lot where there is absolutely NO other vehicle or pedestrian action!

Zach Even – Esh is a Performance Coach for Combat Athletes located in NJ. For more information plus a FREE Underground Journal on training with old school equipment visit [www.UndergroundStrengthCoach.com](http://www.UndergroundStrengthCoach.com)