

New Hampstead Wrestling Training Regime

Day 1:

Main: Bench Press or Power Clean	1x10	1x8	1x6	1x4	1x2
	Bar Only	70%	75%	80%	85%

Accessory: Incline Bench Press 3x8

Barbell or Dumbbell Curl 3x10-12

Body

Weight: Pull-Ups 3x10-12

Plyometrics: Box Jumps 3x10

Cardiovascular : Interval Sprints
(High Intensity)

On Treadmill	(30 sec Jog Speed/10 sec. Sprint Speed) 10 Times
Outside/Track	(50 yd. Jog to 50 yd. Sprint) 10 Times

Day 2:

Cardiovascular Run

5-minutes of Stretching Upper and Lower body

5-Mile Run: Speed should be between 70%-80% of full speed.

5-Mile Run Recorded Time:

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Day 3:

Main: Squat or	1x10	1x8	1x6	1x4	1x2
Dead Lift	Bar Only	70%	75%	80%	85%

Accessory: Front Squat 3x8

Landmine Squat 3x8 each leg

Body

Weight: Dips 3x10-12

Plyometrics: Lateral Box Jumps 3x10 each leg

Cardiovascular : Interval Sprints
(High Intensity)

On Treadmill	(30 sec Jog Speed/10 sec. Sprint Speed) 10 Times
Outside/Track	(50 yd. Jog to 50 yd. Sprint) 10 Times

Day 4:

Cardiovascular Run

5-minutes of Stretching Upper and Lower body

5-Mile Run: Speed should be between 70%-80% of full speed.

5-Mile Run Recorded Time:

Day 5, 6 & 7: Rest & Recovery

*Note: Every week increase your main lift percentages by 5% for 3 weeks. On week 4, start your percentage at 60% to recover from fatigue and allow muscular hypertrophy to occur. On week 5, recycle the process again at 70% and on.

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