



University of Wyoming
Wrestling
Summer Conditioning



Make sure that you have performed the proper warm up before conditioning, when finished I would advise you to stretch as well. Wrestling and time on the mat will be more specific and should come first for conditioning, use these to supplement mat time. I would recommend that if you are only performing 1 to 2 of the options below per week, that you stick to the higher intensity sprinting (option #1) this will be far more wrestling specific than distance running.

Week #1	
Option #1	Treadmill Intervals: 10 sets, 9 - 10 mph, 10% grade, 10 sec sprint, rest for the remainder of the min, start on the min
Option #2	1 Mile Run for time, do not use a treadmill, record time
Option #3	10 sets of 25 yd sprints, 1 min rest between each sprint
Week #2	
Option #1	Treadmill Intervals: 10 sets, 9 - 10 mph, 10% grade, 10 - 15 sec sprint, rest for the remainder of the min, start on the min Increase the speed if you were at 9 mph last week so you are at 10, if you were already at 10 mph, increase time to 15 sec
Option #2	1.25 Mile Run for time, do not use a treadmill, record time
Option #3	10 Sets of 30 yd sprints, 1 min rest between each sprint
Week #3	
Option #1	Treadmill Intervals: 10 Sets, 10 mph, 10% grade, 15 sec sprint, rest for the remainder of the min, start on the min
Option #2	1.5 Mile Run for time, record time
Option #3	10 Sets of 35 yd sprints, 1 min rest between each sprint
Week #4 Down	
Option #1	Treadmill Intervals: 5 Sets, 10 mph, 10% grade, 10 sec sprint, rest for the remainder of the min, start on the min
Option #2	1 Mile Run, do not use a treadmill, record time, this should be an easy run
Option #3	5 Sets of 25 yd sprints, 1 min rest between sets

Week #5	
Option #1	Treadmill Circuit: 3 sets, 9 mph, 10% grade, 15 sec sprint rest for the remainder of the min, start on the min, after 3 sets has been completed perform 3 sets of 10 Grab and Reach w/ 35 lb plate, followed by 3 sets of 10 V-Ups 3 sets, 10 mph, 10% grade, 15 sec sprint rest for the remainder of the min, start on the min after 3 sets has been completed perform 3 sets of 10 Russian Twists w/ 25 lb plate, followed by 3 sets of 15 sit ups 3 sets, 11 mph, 10% grade, 15 sec sprint rest for the remainder of the min, start on the min, after 3 sets has been completed perform 3 sets of 15 Reverse Crunches
Option #2	1 Mile Run for time, do not use a treadmill, record time, time must be faster than week 1
Option #3	10 sets of 35 yd sprints, 1 min rest between sets
Week #6	
Option #1	Treadmill Circuit: 3 sets, 10 mph, 10% grade, 15 sec sprint rest for the remainder of the min, start on the min, after 3 sets has been completed perform 3 sets of 10 Grab and Reach w/ 35 lb plate, followed by 3 sets of 10 V-Ups 3 sets, 10 mph, 10% grade, 15 sec sprint rest for the remainder of the min, start on the min after 3 sets has been completed perform 3 sets of 10 Russian Twists w/ 25 lb plate, followed by 3 sets of 15 sit ups 3 sets, 11 mph, 10% grade, 15 sec sprint rest for the remainder of the min, start on the min, after 3 sets has been completed perform 3 sets of 15 Reverse Crunches
Option #2	1.25 mile run for time, do not use a treadmill, record time, time must be faster than week 2
Option #3	10 sets of 40 yd sprints, 1 min rest between sets
Week #7	
Option #1	Treadmill Circuit: 3 sets, 10 mph, 10% grade, 15 sec sprint rest for the remainder of the min, start on the min, after 3 sets has been completed perform 3 sets of 10 Grab and Reach w/ 35 lb plate, followed by 3 sets of 10 V-Ups 3 sets, 11 mph, 10% grade, 15 sec sprint rest for the remainder of the min, start on the min after 3 sets has been completed perform 3 sets of 10 Russian Twists w/ 25 lb plate, followed by 3 sets of 15 sit ups 3 sets, 11 mph, 10% grade, 15 sec sprint rest for the remainder of the min, start on the min, after 3 sets has been completed perform 3 sets of 15 Reverse Crunches
Option #2	1.5 Mile Run for time, do not use a treadmill, record time, time must be faster than week 3
Option #3	10 sets of 45 yd sprints, 1 min rest between sets
Week #8 Down	
Option #1	Treadmill Circuit: 2 sets, 10 mph, 10% grade, 15 sec sprint, rest for the remainder of the min, start on the min, after 2 sets perform 3 sets of 15 sit ups 2 sets, 10 mph, 10% grade, 15 sec sprint, rest for the remainder of the min, start on the min, after 2 sets perform 2 sets of 15 reverse crunches
Option #2	1 Mile Run, record time, this should be an easy run, time is not the issue

Option #3 5 sets of 40 yd sprints, 1 min rest in between

Week #9

Option #1 Treadmill Circuit: 10 Sets, 10 mph, 10% grade, **15** sec sprint, 100 touches of jump rope if by yourself, 1 min of hand fighting
if you have a partner, this should be performed continuous with no rest between sprinting and hand fighting

Option #2 .5 mile run for time, rest 2 min, .5 mile run, rest 2 min, .5 mile run

Option #3 10 sets of 40 yd sprints 45 sec rest in between

Week #10

Option #1 Treadmill Circuit: 10 Sets, 10 mph, 10% grade, **18** sec sprint, 100 touches of jump rope if by yourself, 1 min of hand fighting
if you have a partner, this should be performed continuous with no rest between sprinting and hand fighting

Option #2 .5 mile run for time, rest 1:30 min, .5 mile run, rest 1:30 min, .5 mile run

Option #3 10 Sets of 40 yd sprints 30 sec rest in between

Week #11

Option #1 Treadmill Circuit: 10 Sets, 10 mph, 10% grade, **20** sec sprint, 100 touches of jump rope if by yourself, 1 min of hand fighting
if you have a partner, this should be performed continuous with no rest between sprinting and hand fighting

Option #2 .5 mile run for time, rest 1 min, .5 mile run, rest 1 min, .5 mile run

Option #3 10 Sets of 40 yd sprints 15 sec rest in between

Week #12 **Down**

Option #1 Treadmill Circuit: 5 Sets, 10 mph, 10% grade, **15** sec sprint, 100 touches of jump rope if by yourself, 1 min of hand fighting
if you have a partner, this should be performed continuous with no rest between sprinting and hand fighting

Option #2 1 Mile run, this should be an easy run

Option #3 5 sets of 25 yd sprints, 1 min rest in between