

WADSWORTH WRESTLING STRENGTH AND CONDITIONING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
<u>September 27</u>	<u>September 28</u>	<u>September 29</u>	<u>September 30</u>	<u>October 1</u>	<u>2</u>	<u>3</u>
Makeup/ Individual	LIFT 6 AM or 3 PM.	1st Day of Conditioning Stretch Warmup 3-3:30PM Plate and run workout: 10/5 3:30 -4:30PM	LIFT 6 AM or 3 PM STRETCH STAIRS 4.5 MINUTES	Conditioning 6-7PM 2 laps 2x400 Ball Explosions Open Mats 7-8 PM	LIFT 6 AM or 3 PM BIKE 10 MINUTES Football vs. Copley(A)	Make Good Choices!! DON'T FORGET TO GET A PHYSICAL
<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
Makeup/ Individual	LIFT 6 AM or 3 PM	CONDITIONING Tumbles/ Stretch Warmup 3-3:30PM 2-3 X country Stairs/Plates Sleds relays 3:30 -4:30PM	LIFT 6 AM or 3 PM STRETCH	CONDITIONING 6-7 pm 1 lap 3x 400's (Track) Open Mats 7-8 PM	LIFT 6 AM or 3 PM BIKE 11 MINUTES Football vs. Tallmadge(H) Homecoming	Bootcamp Memorial Park 7:00AM- 8AM! Homecoming Dance Good Choices
<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>
Makeup/ Individual	LIFT 6 AM or 3 PM	CONDITIONING Tumbles/ Stretch Warmup 3-3:30PM (to Stadium & Run Stadium Stairs/Plates Sleds relays 3:30 -4:30PM	LIFT 6 AM or 3 PM STRETCH	CONDITIONING 6-7 pm 2 laps 6x 200's (Track) Open Mats 7-8 PM	No School LIFT 8 AM & BIKE 12MINUTES Football vs. Highland(A)	DON'T FORGET TO GET A PHYSICAL
<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>
Makeup/ Individual Try to run at least 2 miles on the weekend	No School LIFT 8 AM Run 1 mile	CONDITIONING Tumbles/ Stretch Warmup 3-3:30PM 2-3 X country Stairs/Plates Sleds relays 3:30 -4:30PM	LIFT 6 AM or 3 PM STRETCH	CONDITIONING 6-7 pm Missouri's shuttle test Open Mats 7-8 PM	LIFT 6 AM or 3 PM BIKE 13MINUTES Football vs. Cloverleaf(H)	Bootcamp MemorialPark 7:00AM- 8AM! ACT 8AM
<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>
Makeup/ Individual	LIFT 6 AM or 3 PM Run 1 mile	CONDITIONING Tumbles/Stretch Warmup 3-3:30PM (to Stadium Stairs/Plates Sleds relays 3:30 -4:30PM	LIFT 6 AM or 3 PM STRETCH	CONDITIONING 6-7 pm Test Missouri's shuttle Open Mats 7-8 PM	LIFT 6 AM or 3 PM BIKE 14 MINUTES Football vs. Barberton(A)	Triathlon 8 AM Steiner Clocks Fallback 1 hour

NOVEMBER 1 Makeup/ Individual All Coaches Meeting 5-7PM WHS wrestling room	NOV 2 LIFTING TEST SQUAT 350lbs /? reps 300lbs /?reps 250lbs / ?reps 200lbs /?reps 150lbs / ?reps	NOV 3 CONDITIONING Tumbles/Stretch Warmup 3-3:30PM 3:30 -4:15PM TEST Mile	NOV 4 LIFTING TEST BENCH 275lbs /? reps 225lbs /? reps 185lbs /? reps 135lbs /? reps 100lbs /? reps	NOV 5 LAST CONDITIONING 6-7 pm Test 400m OPEN MATS 7-8 PM Get Lockers/ nicknames	NOV 6 LIFT TEST PULLUPS/ SITUPS Get Lockers/ nicknames	NOV 7 OFF Recover!
NOV 8 OFF HS Coaches Meeting/ Cleanup 5-7PM WHS wrestling room	NOV 9 Guest clinician 3-5:30PM Optional Pre- Hydration Test	NOV 10 Guest clinician 3-5:30PM Optional Pre- Hydration Test	NOV 11 Guest clinician 3-5:30PM Optional Pre- Hydration Test	NOV 12 Guest clinician 3-5:30PM Optional	NOV 13 First Day of Practice Working on 18 in a row Picture Night 6-8 PM	NOV 14 Practice 9-Noon

1 LAP ON INDOOR TRACK UPSTAIRS = 200 m
1 LAP ON OUTSIDE TRACK = 400 m

“There will be a next time...and we will be ready”