

## Vary Your Running Routine

By Bryan McCarty

Head Coach, Platt High School, Meriden, CT

---

**T**ime and time again you see a wrestler doing everything possible to get an edge. He eats the right foods, drills the right drills, and weight trains the right ways. He will drill from all angles, exploring situations. He will change his weight lifting routine from barbells to dumbbells, from

close grips to wide grips, from heavy weights to low weights; from low reps to high reps. He does this for many reasons. It is an attempt to gain strength, muscular endurance, flexibility, weight control, and many more. He does all these changes to become a champion, but then he goes and runs his 2-5 miles and calls it a day.

Many athletes understand the importance of a running program in their routine, but underestimate the power of a good running program in their routine.

Running is a great exercise for a wrestler for many reasons. First of all it helps a wrestler maintain and control his body weight. It is recommended to run at