



“Year Long Periodization Training Schedule”

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Do you ever wonder sometimes, when you are watching those elite wrestlers dominate the competition, what they do to be so good? How do they train? What makes them so much better than everyone else? Well, some of it is pure God given talent, but most of it comes from training. The above average and elite wrestlers set goals

and establish a training schedule for themselves that will most likely last year round.

Most people believe that there are two parts to a wrestler's season...in-season and off-season. Well, that is not true. Most above average and elite level wrestlers develop what is called a periodization schedule. This is a training schedule that is year