

# TRAINING TIPS

## Training Prior to Competition

**3 Days prior to competition-** IF you have a morning workout, wake up 6lbs over. Lose weight and eat and drink back to 6.5, this will allow you to be 6 over before afternoon practice. If you are not going to work out, wake up at 5 or less over. Then you can have 1.5lbs of food and liquid before afternoon practice. Most likely you will be doing workouts on this day. When you eat and drink on go with a 60-40 combination, 60% liquid, 40% food. For example, 2lbs would be about 20 ounces liquid and 12 ounces of food.

**2 Days prior to competition-** If you have a morning workout, which you probably will, wake up 4lbs or less over. Lose weight and eat and drink back to 4.5 this will allow you to be 4 over before afternoon practice. If you are not going to work, out wake up at 3 or less over. Then you can have 1.5lbs of food or liquid before afternoon practice, go  $\frac{3}{4}$ lb liquid and  $\frac{3}{4}$  lb of food. Go with a 50-50 combo of food to liquid.

**1 Day prior to competition-** Wake up 2lbs or less over. Come to work out at no more than 3 over. Get down to weight on this day to make it easier for the next day. This allows you to get food in your system for the next day's competition. On this day you should generally only workout once. Go with a 50-50 combo of food to liquid.

**Weigh-Ins- *If an afternoon match*** wake up on weight or  $\frac{1}{2}$  over, have something small to eat plan to lose about 1lb or more if you can do it easily prior to weigh-ins. Try to eat more than you drink.

***If a night match***, wake up  $\frac{1}{2}$  to a lb or so over, so you can eat 2lbs of food and liquid, you will drift quite a bit during day, work out close to weigh-in time. This allows you to eat on the day of weigh in to give you the necessary energy for your match.

\*\*The last 24 hours before weigh-ins push to eat more and drink less. Many of you want to drink because you feel thirsty, but you do not receive the necessary energy through liquid alone. We would rather they ate some foods that had liquids in it, such as fruits and vegetables. Proteins are best to eat during last 24 hours, it stays in your system longer giving you more energy.

## After Weigh-Ins

After weigh-ins, in a small time frame such as one or two hours, we want our guys to eat carbohydrates and re-hydrate as much as necessary. It is very important to not over eat and over hydrate. Once again try to eat food first, rather than fill their stomachs full of liquids.

## Between Rounds at Tournaments

Wrestlers should constantly be eating during tournaments. The portions can be small, but have to be essential nutrients, mainly carb foods and fruits and vegetables. Energy and carbohydrate drinks are great for in between matches, but once again you want the wrestler to have a balance of food in their system and not just liquid. Fruits get into your system the fastest.

### **Multiple Weigh-Ins-**

If there are two or more weigh-ins, a wrestler still should be eating, without over consuming. It's very difficult for wrestlers to understand the concept that the more you eat the more you will lose. Without the proper energy in their bodies they will not be able to push themselves hard enough to lose as much as they would if they had eaten something. Also, if they do not have the necessary energy they run the risk of losing and will not be able to complete the next day regardless of weight.