

The Ultimate Running Program for Wrestlers and MMA Athletes

By Steve Preston MSed

www.wrestlingperformance.com

About Steve Preston

Steve Preston, M.Sc., is a Strength and Conditioning coach in Virginia, author of Ultimate Wrestling Strength, a contributing author to Wrestling USA magazine, and a 16 year Physical Education Specialist with Virginia Beach City Public Schools.

Steve has worked along side some of the best trainers, coaches and strength athletes in the world over a 30 year period. He continues to study the latest training, supplementation, and nutrition research that will help wrestlers and mixed martial artists improve their strength, speed, power and conditioning on the mat or in the ring.

Steve's websites include:

www.UltimateWrestlingStrength.com - A complete year-round training system for wrestlers of all ages. Preseason, In-season and Offseason programs for youth through college wrestlers. This is the number 1 rated program for wrestlers in the world.

www.UltimateWrestlingPower.com - This program is a body weight only program for wrestlers and teams to use. It can be done anywhere with minimal equipment. It's designed to increase strength and power as well as function on the wrestling mat.

www.WrestlingPerformanceKit.com - Everything a wrestler, coach or parent needs to get started on the right path with wrestling training and nutrition. Comes with a training guide of workouts, a cookbook, meal plans and more.

www.WrestlingConfidence.com - A complete mental toughness training course for wrestlers to develop mental strength for wrestling. This program is with Brian Cain, former mental training coach to George "Rush" St. Pierre.

www.WrestlingPerformance.com - Steve's private membership site with hundreds of articles, workouts, meal plans, interviews, videos that can't be seen anywhere else. Plus, Steve will answer all your questions regarding workouts and nutrition in the members-only forum.

www.WorkoutsforWrestlers.com - This is a collection of 12 specialization workouts for wrestlers. Each workout is designed to improve a particular aspect of your wrestling in 4 weeks. There are workouts for grip strength, foot speed, take down speed, take down defense and much more.

Disclaimer:

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for education purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy athletes who have passed all physicals related to sports and activities.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise and training programs pose some inherent risks. The author, editor and publisher recommend that all readers who embark on this program know their physical limitations. Before practicing the exercises and program in this book, be sure your equipment is properly secured, maintained and in working order.

Don't lift heavy weights if you are alone, without sufficient spotting, inexperienced, tired or injured. Be sure to learn proper form on all exercises with the support of a qualified trainer or coach. Always ask for instruction and assistance when lifting. Always warm up prior to each workout and each exercise within your workout.

Consult your physician before starting any exercise or nutrition program. If you are taking any medications, you must consult your physician prior to beginning any exercise program, including any of the workouts in the Workouts for Wrestlers program. If you experience dizziness, shortness of breath, or lightheadedness stop exercising immediately, and consult a physician.

The Ultimate Running Program For Wrestlers!

This is a simple, no-frills or fancy equipment running program that wrestlers can do for 12 weeks to get into great shape. It can be done immediately following the Warrior Strength and Conditioning workout or on off days from strength training if you prefer.

Another factor in being a great wrestler is the ability to go the distance on the mat, without getting tired out.

The whole idea is to be able to buffer lactic acid, and force the use of your body's fast twitch muscle fibers.

What we want to do is get in the best "anaerobic" condition possible!

The way we do this is to have a sprinting program with very calculated sprinting distances, as well as recovery time in between!

Here is a 3 workout program that you can perform on alternate days in order to get into great anaerobic condition.

Workout 1:

The 400 meter track workout

1. Sprint the straight part of the track, and then jog on the turns. This equates to sprinting 100 meters, followed by jogging 100 meters (to allow the heart rate to come down). Do this for 3 or 4 laps. Follow this with a short rest period. Rehydrate, then repeat!

Workout 2:

The Second 400 meter track workout

1. Sprint 50M, then walk 50 M

2. Sprint 100M, then walk 50M
 3. Sprint 150M, then walk 100M
 4. Sprint 200M, then walk 100M
 5. Sprint 150M, then walk 100M
 6. Sprint 100M, then walk 50M
 7. Sprint 50M, then walk 50M
- Rest for a few minutes, get hydrated, and repeat!

Workout 3:

Sprint For Time Workout (on a flat field)

Four 5 second sprints, rest 10-15 seconds between

Four 10 second sprints, rest 20-30 seconds between

Four 20 second sprints, rest 40-60 seconds between

Four 30 second sprints, rest 60-90 seconds between