

# COMPETITION PERIODIZATION

# Elements of Training Program

- ▣ Live Wrestling
- ▣ Technique
- ▣ Conditioning
- ▣ Lifting
- ▣ Rest and Nutrition

# 45 – 30 Days before Competition

## Live Wrestling

- 4 – 6 Days a Week
- 30 – 45 Minutes a Day
- Longer Time Periods
- 1 – 2 Focus Areas per Day
  - Example
  - Defense / Counter Offense & Gut Wrench Offense

# 45 – 30 Days before Competition

## Technique

- 3 Days a Week
- 45 – 50 Minutes a Day
- Focus on Combinations of Go – To Moves
- Set Up to Take Down to Transition Turns (Oorgangs Vaardighede voorbeelde enkel been na gut wrench)
- Down Block to Re-Shot

# 45 - 30 Days before Competition

## Conditioning

- 4 - 5 Days a Week
- 20 - 35 Minutes a Day
- Longer Periods of Cross Training
  - Push Beyond “Comfort Zone”
  - Examples
    - 800 - 400 Meter Sprints
    - 1 Minute Goes on Bikes

# 45 – 30 Days before Competition

## Lifting

- 2 – 3 Days a Week
- Heavy to Moderate Lifts

# 45 – 30 Days before Competition

## Rest & Nutrition

- Of High Importance at this Time
- Athletes Must Be Disciplined
- 4-5 Meals / Snacks a Day
  - Spread Calories Throughout the Day
  - Focus on Maintaining Intake Levels of Iron and Fiber
  - Use Iron Supplements
- After this 15 Day Micro-Cycle Have 2-3 Days Completely Off

# 29 – 10 Days before Competition

## Live Wrestling

- 3 to 5 Days a Week
- 15 – 25 Minutes a Day
- Shorter but More Intense Periods
  - 3 Minutes to 30 Seconds
- More Match Situations & Scenarios



# 29 – 10 Days before Competition

## Technique

- 2 -3 Days a Week
- 45 – 50 Minutes a Day
- Focus on Athlete's Combinations of Go – To Moves
  - Example
    - Number 1 & 2 Attacks, Takedowns, & Turns

# 29 – 10 Days before Competition

## Conditioning

- 3 - 4 Days a Week
- 8 - 20 Minutes a Day
- Short, Hard, & Intense Periods of Cross Training with Adequate Rest
  - 1 to 1 Recovery Time Minimum
  - Interval Training
  - Examples
    - 400 - 200 Meter Sprints
    - 45 Second Sprints on Bikes

# 29 -10 Days before Competition

## Lifting

- 2-3 Days a Week
- Heavy to Moderate Lifts Once a Week
  - Maintain Strength with Lower Amounts Repetitions
- Total Body Circuits Twice a Week
  - Building Strength & Endurance

# 29 – 10 Days before Competition

## Rest & Nutrition

- Of High Importance at this Time
- Athletes Must Be Disciplined
- 4 – 5 Meals / Snacks a Day
  - Increase Water Intake
  - Close Attention to Iron and Fiber Intake Levels
- After this 19 Day Micro-Cycle Have 2-3 Days Active Rest
  - Focus on Team Building with Cohesion Activities

# 9 - 2 Days before Competition

## Live Wrestling

- 2 - 3 Days a Week
- 8 - 20 Minutes a Day
- Shorter but More Intense Periods
  - 2 Minutes to 20 Seconds
- Execution Matches

# 9 – 2 Days before Competition

## Technique

- 2 -3 Days a Week
- 30 – 40 Minutes a Day
- Hard, Crisp Drilling / Sparring, but Paying Attention to Details
- Prepare for Opponent's Tendencies
- Focus on Increased Heart Rate, but Not Taxing the Body

# 9 - 2 Days before Competition

## Conditioning

- 2 - 3 Days a Week
- 5 - 10 Minutes a Day
- Very Short & Explosive Movements
  - 2 to 1 Recovery Time Minimum
  - Interval Training
  - Examples
    - 100 - 20 Meter Sprints
    - 10 Second Sprints on Bikes

# 9 -2 Days before Competition

## Lifting

- 2 Days a Week
- Minimal Time and Effort Spent Here
- Individual Basis



# 9 – 2 Days before Competition

## Rest & Nutrition

- Most Important At This Time
- Making Weight is Priority
- Spread Calories Throughout the Day
- 3 Days Out Start to Cut Fiber Intake
- Important to Stay Hydrated

	45 – 30 Days Before	29 – 10 Days Before	9 -2 Days Before
Live Wrestling	4 – 6 Days Longer Time Periods	3 – 5 Days Shorter Time Periods	2 – 3 Days Short Match Situations
Technique	3 Days Basic Techniques	2-3 Days Athlete’s Go-To Moves	2-3 Days Athlete’s Combos / Opponent's Tendencies
Conditioning	3-5 Days Longer Time Periods	3-4 Days Interval Training 1 to 1 Rest	2-3 Days Short / Explosive Movements 2 to 1 Rest
Lifting	2-3 Days Moderate to Heavy	2-3 days Strength & Endurance Circuits	2 Days Individual Basis
Rest & Nutrition	Important	Very Important	Most Important

Information from 2012 FILA Advance  
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Thank You

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