BROOKWOOD WRESTLING

NAME: _____

SUMMER TRAINING

							A	*B*	*C*	*D*	*E*
WEEK1 (6/23-6/29)	**A**	**B**	**C**	**D**	**E**	**F**					
DAY 1							Goblet Squats	*BB Squats	Bulgarian Lunge	Bicepts	*Mile
DAY 2							Sumo Deadlift	*BB Dead Lifts	Calf Raises	Tricepts	Super Set
Day 3							HammerDB Bench	BB Bench	BB Push Press	Core	Agilities
Day 4							DB Incline	*BB Incline	BB Shrugs	Neck	Cardio Power
							BB Bent Rows	*BB Power Clean	DB Rows	Grip	Mus. Stre & End
WEEK 2 (6/30-7/6)	**A**	**B**	**C**	**D**	**E**	**F**					
DAY 1							**Super Sets (4x8)**			**Agilities**	
DAY 2							BB Power Clean to Squat to Press			Rope 500 reps	
Day 3							DB Squat to Hammer Curl to Hammer press			Line touches 4x10	
Day 4							DB Lunge Press to DB Step up			Ladder Work	
WEEK 3 (7/7-7/13)	**A**	**B**	**C**	**D**	**E**	**F**	Pullups Hanging leg raises			10 timed shuttle runs	
Day 1											
Day 2							**Cardio Power**				
Day 3							10 x 100 yard sprints 1 min rest in between				
Day 4							10 x stadium stair jumps				
WEEK 4 (7/14-7/20)	**A**	**B**	**C**	**D**	**E**	**F**	2 400m/ 3 200m/4 100yds/5 50yds/ (2min rest in between)				
Day 1							10 stadium stair sprints				
Day 2											
Day 3							**(Mus Strength & End)**				
Day 4							3 x failure (10-20) Pull-ups				
WEEK 5 (7/21-7/27)	**A**	**B**	**C**	**D**	**E**	**F**	3 x failure Dips				
Day 1							3 x failure (pushups diamond/regular/wide grip)				
Day 2							2 x 10 Tire Flips				
Day 3							2 x10 Tire Throws				
Day 4							50-100 Sludge Hammer Hits				
WEEK 6 (7/28-8/3)	**A**	**B**	**C**	**D**	**E**	**F**	25 plate pinches/ grip roll ups				
Day 1											
Day 2											
Day 3											
Day 4											