

Ewing Wrestling Guide on Getting in Shape: Physically and Mentally



Tips from Coach Mo

Endurance is what can separate a good wrestler from an awesome wrestler. Even if your opponent is stronger, faster, and more skilled, having the right attitude and endurance will allow you to win. Here are ways to improve your endurance:

- 1) Run. When you have a chance, practice running.
- 2) Eat a protein-filled breakfast. Do this every day, not just on the day of the match.
- 3) Wrestle with a partner. Do the basics over and over until you always get it right. Say what you are doing as you do the technique.

Extra Tips from Coach Mo

Stay positive and remember these things:

- 1) Always stretch and warm-up (10-25 minutes).
- 2) Train as hard as you can. You should push yourself.
- 3) Drink lots of liquid before a workout day. Keep water intake

fairly low during the workout to reduce cramps. After the workout, feel free to splurge.

- 4) Do not eat a big lunch or dinner before a workout. Plan to eat afterwards.
- 5) Focus on breathing between each bout or exercise.
- 6) Whenever you feel like quitting, remind yourself that this work out is making you a champion.
- 7) If you feel faint, take a break and a drink. If at any time you feel dizzy, sick, or have a headache, stop what you're doing, take a break. Tell the coach or an adult.

