

The 90-Minute Adaptable Wrestling Blueprint

Modular Practice Architecture for High Performance Training



Tactical Performance Solutions - Elite Training Systems

Engineering Systems Over Random Moves

“I don’t teach moves. I teach systems. This isn’t theory—it’s data. – Coach Shannyn Gillespie

29 National
Champions

The Traditional Grind

- Random daily skill selection
- Rigid timelines regardless of fatigue
- Linear intensity (leads to burnout and under-recovery)

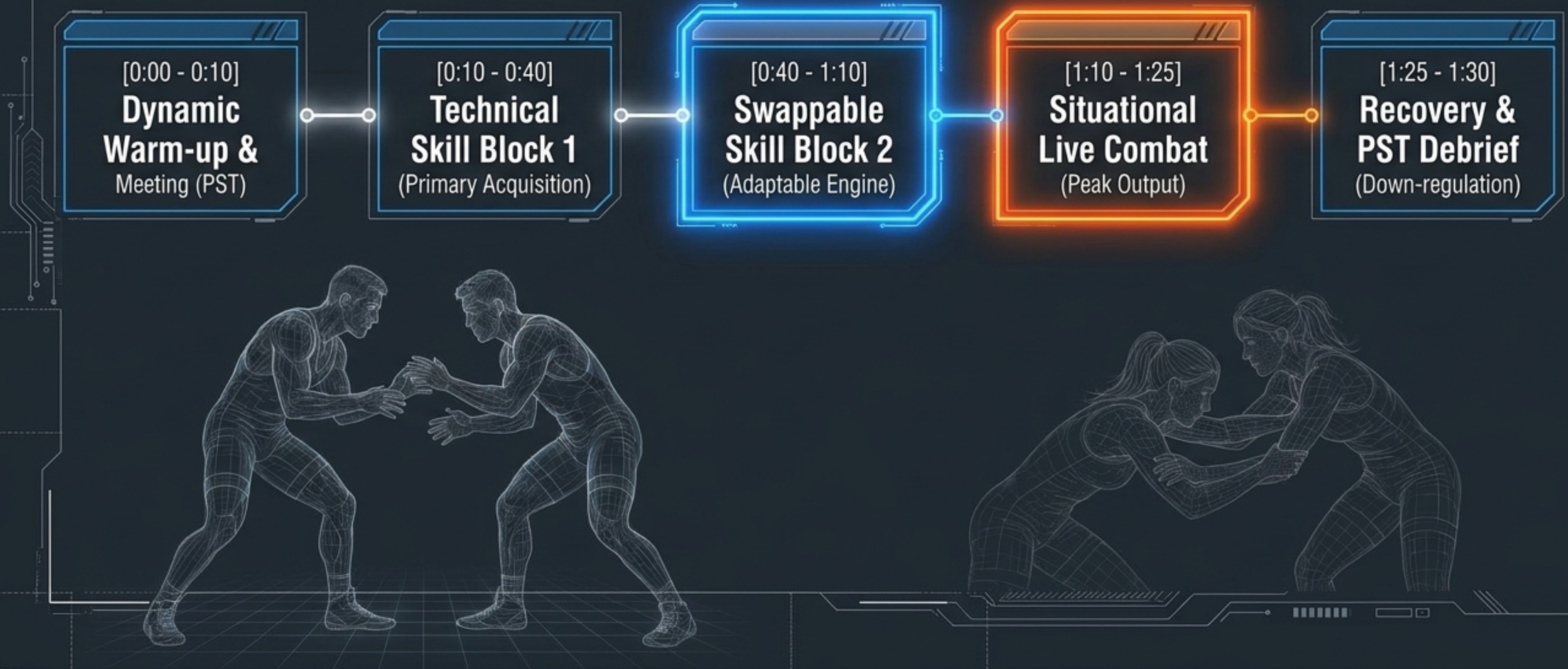
The HPT Blueprint

- Interchangeable modular skill blocks
- Adaptable volume for long-term athlete development
- Undulating intensity (leads to supercompensation and peaking)

USOTC Resident
Athlete Data



The Modular Practice Architecture



Phase 1: Activation & Primary Acquisition



0:00 - 0:10 | Activation

Psychological shift, joint mobilization, and daily goal-setting. Prepares the mind to focus.

0:10 - 0:40 | Technical Skill 1

Primary focus of the day (e.g., primary leg attacks, specific Folkstyle/Freestyle setups).

Coach's Directive:

Prioritize learning over grinding. High repetitions, low resistance. Capitalize on a fresh nervous system.

Phase 2: The Adaptable Training Engine

Select Swappable Skill Block 2 [0:40 - 1:10]

Option A: Offensive Mastery

Deep-dive repetitive drilling of Block 1 skills with progressive resistance.

Option B: Mat Work Transition

Folkstyle/Greco top/bottom transitions, turns, and escapes.

Option C: Neutral Counter-Defense

Sprawls, re-attacks, and intense hand-fighting.



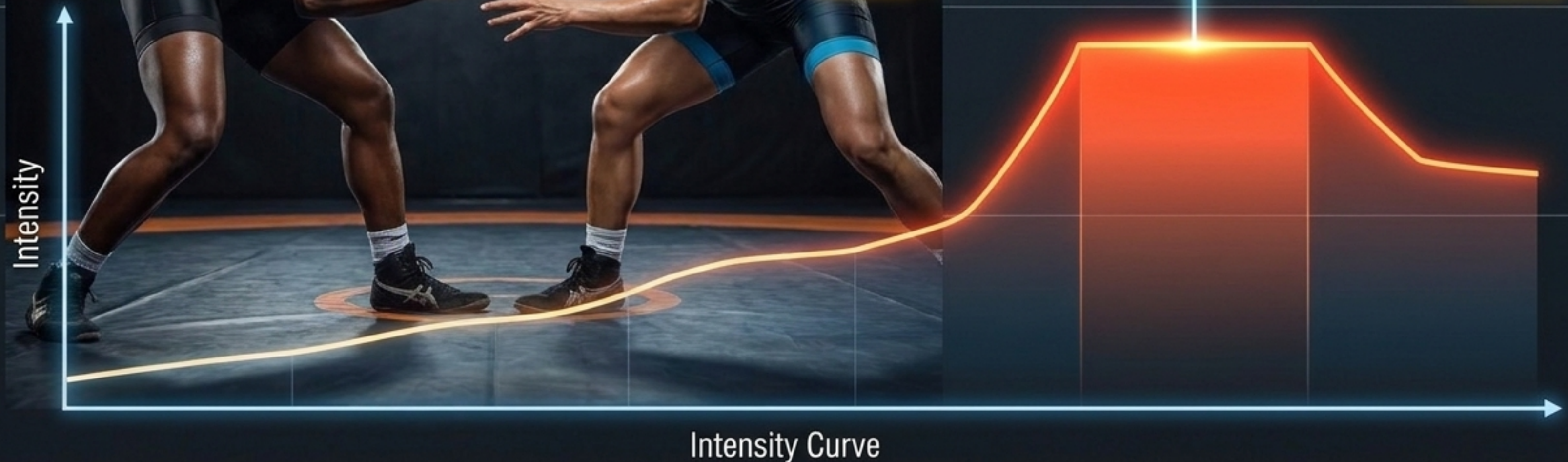
Key Insight: Swap these modules daily to **undulate training volume** and **target specific competition weaknesses**, respecting the Fitness vs. Fatigue paradigm

Phase 3: Situational Live Combat



Block 1:10 - 1:25: Peak Combat Output

- **Format:** High-intensity situational goes (e.g., 3x 3-minute matches or 1-minute specific positional goes).
- **HPT Principle: Specificity.** Shorter duration guarantees maximum output without degrading fitness into pure fatigue.



Phase 4: Down-Regulation & Recovery



Key Insight: Under-recovery is the enemy of peak performance. Practice ends when active recovery begins.

The Microcycle Matrix: Stacking the Blocks

4-Day Calendar Matrix

Day 1 (Learn)

Warm-up →

Leg Attacks →

Mat Work →

10m Combat

(Low Vol, Med Intensity)

Day 2 (Drill)

Warm-up →

Review →

Speed Drilling →

15m Combat

(Med Vol, High Intensity)

Day 3 (Recovery)

Warm-up →

PST/Shadow
Wrestling →

Light Counters →

No Combat

(Low Vol, Low Intensity)

Day 4 (Perform)

Warm-up →

Block 1 →

Swappable Block 2

20m Match Play

(Med Vol, Peak Intensity)

Volume Index

100

Intensity Load

200

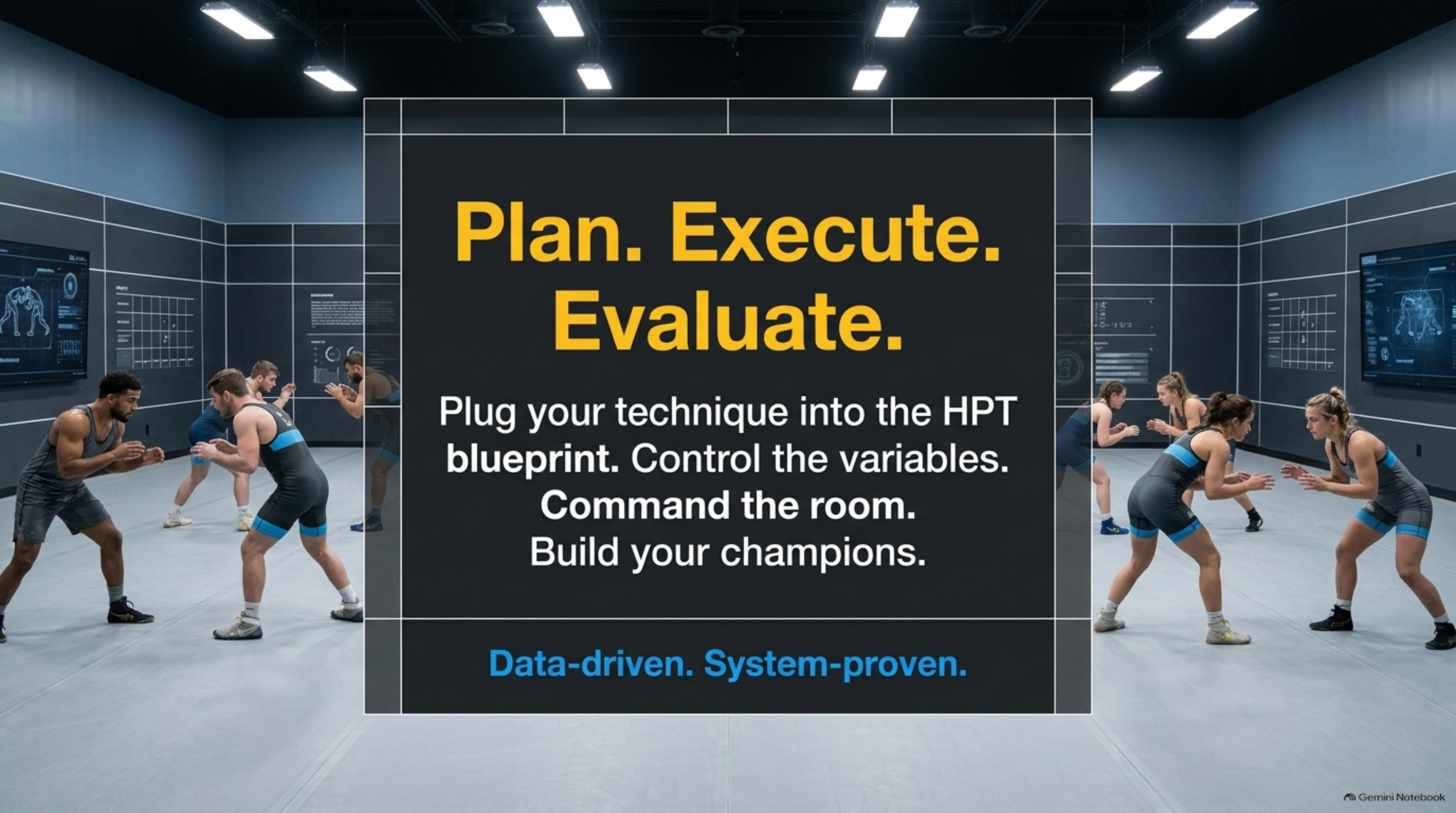
Recovery Score

4/0

1222.600

300.000

250.600



Plan. Execute. Evaluate.

Plug your technique into the HPT
blueprint. Control the variables.
Command the room.
Build your champions.

Data-driven. System-proven.