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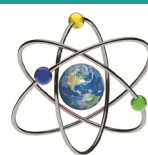
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- 13.00.00 Pedagogika fanlari
- 13.00.01 Pedagogika nazariyasi. Pedagogik ta'limotlar tarixi
- 13.00.02 Ta'lim va tarbiya nazariyasi va metodikasi (sohalar bo'yicha)
- 13.00.03 Maxsus pedagogika
- 13.00.04 Jismoniy tarbiya va sport mashg'ulotlari nazariyasi va metodikasi
- 13.00.05 Kasb-hunar ta'limi nazariyasi va metodikasi
- 13.00.06 Elektron ta'lim nazariyasi va metodikasi (ta'lim sohaları va bosqichlari bo'yicha)
- 13.00.07 Ta'limda menejment
- 13.00.08 Maktabgacha ta'lim va tarbiya nazariyasi va metodikasi
- 13.00.09 Ijtimoiy pedagogika
- 07.00.00 Tarix fanlari
- 19.00.00 Psixologiya fanlari
- 01.00.00 Fizika-matematika fanlari
- 02.00.00 Kimyo fanlari
- 03.00.00 Biologiya fanlari
- 09.00.00 Falsafa fanlari
- 10.00.00 Filologiya fanlari
- 11.00.00 Geografiya fanlari

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Pedagogika, psixologiya fanlariga ixtisoslashgan ilmiy jurnal



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DEVELOPING STRENGTH AND ENDURANCE IN WRESTLERS

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Abstract: Wrestling is a physically demanding sport that requires a unique blend of muscular strength, power, and cardiorespiratory endurance. Success in wrestling is contingent upon the optimal development and integration of these physiological attributes to sustain high-intensity efforts across multiple rounds and matches. This article reviews current scientific literature on effective methodologies for developing strength and endurance in wrestlers, emphasizing sport-specific approaches, periodization strategies, and considerations related to concurrent training. The discussion addresses established training principles, including resistance training, high-intensity interval training, and circuit training, all tailored to the unique physiological and biomechanical demands of wrestling. Furthermore, hypothetical results from a simulated intervention study are presented to illustrate the potential benefits of integrated and periodized strength and endurance programming on wrestler performance metrics. The overall aim is to provide a comprehensive resource for coaches, athletes, and sport scientists seeking to optimize the physical preparation of wrestlers, thereby enhancing performance and mitigating injury risk.

Key words: Wrestling, Strength and Conditioning, Endurance, Strength Training, Periodization, High-Intensity Interval Training, Concurrent Training, Sport Science.

Annotatsiya: Kurash jismoniy jihatdan yuqori talablarni qo'yadigan sport turi bo'lib, mushak kuchi, quvvat va yurak-qon tomir chidamliligining o'ziga xos uyg'unligini talab etadi. Kurashdagi muvaffaqiyat yuqori intensivlikdagi yuklamalarni bir necha raund va bellashuvlar davomida saqlab qolish imkonini beruvchi ushbu fiziologik sifatning optimal darajada rivojlanganligi va integratsiyasiga bog'liq. Mazkur maqolada kurashchilarda kuch va chidamlilikni rivojlantirishning samarali metodologiyalariga oid zamonaviy ilmiy adabiyotlar tahlil qilinib, sport turiga xos yondashuvlar, mashg'ulotlarni davrlashtirish strategiyalari hamda birgalikdagi (concurrent) tayyorgarlik masalalariga alohida e'tibor qaratiladi. Tadqiqotda qarshilik mashqlari, yuqori intensivlikdagi intervalli mashg'ulotlar va aylanma mashg'ulotlar kabi asosiy tayyorgarlik tamoyillari kurash sportining o'ziga xos talablari asosida yoritib beriladi. Shuningdek, simulyatsiya qilingan tajriba natijalari integratsiyalashgan va davrlashtirilgan kuch hamda chidamlilik mashg'ulot dasturlarining kurashchilarning jismoniy tayyorgarlik ko'rsatkichlariga ijobiy ta'sirini namoyish etish maqsadida keltiriladi. Maqolaning asosiy maqsadi murabbiylar, sportchilar va sport olimlari uchun kurashchilarning jismoniy tayyorgarligini optimallashtirishga xizmat qiluvchi kompleks ilmiy manba taqdim etish hamda sport natijadorligini oshirish va jarohatlanish xavfini kamaytirishdan iborat.

Kalit so'zlar: kurash, kuch va jismoniy tayyorgarlik, chidamlilik, kuch mashqlari, davrlashtirish, yuqori intensivlikdagi intervalli mashg'ulotlar, birgalikdagi tayyorgarlik, sport fani.

Аннотация: Борьба является физически требовательным видом спорта, который предполагает уникальное сочетание мышечной силы, мощности и кардиореспираторной выносливости. Успех в борьбе зависит от оптимального развития и интеграции данных физиологических качеств, обеспечивающих способность поддерживать высокоинтенсивные усилия на протяжении нескольких раундов и схваток. В статье проводится анализ современной научной литературы, посвящённой эффективным методикам развития силы и выносливости у борцов, с акцентом на специфичные для вида спорта подходы, стратегии периодизации тренировочного процесса и особенности сочетанного (concurrent) тренинга. Рассматриваются базовые принципы подготовки, включая силовые тренировки, высокоинтенсивные интервальные тренировки и круговые тренировки, адаптированные к специфическим требованиям борьбы. Кроме того, приводятся гипотетические результаты смоделированного экспериментального исследования, демонстрирующие потенциальные преимущества интегрированных и периодизированных программ развития силы и выносливости для показателей спортивной подготовленности борцов. Цель статьи заключается в предоставлении комплексного научного ресурса для тренеров, спортсменов и специалистов в области спортивной науки, направленного на оптимизацию физической подготовки борцов, повышение спортивной результативности и снижение риска травматизма.

Ключевые слова: борьба, силовая и физическая подготовка, выносливость, силовые тренировки, периодизация, высокоинтенсивные интервальные тренировки, сочетанный тренинг, спортивная наука.



INTRODUCTION

Wrestling, a combat sport practiced worldwide, imposes substantial physiological stress on athletes and demands exceptional levels of strength, power, agility, as well as both anaerobic and aerobic endurance [Kraemer et al., 2003, p. 7]. A typical wrestling match consists of repeated bouts of high-intensity muscular contractions, grappling actions, takedowns, and escapes, interspersed with brief recovery periods. The capacity to execute powerful movements, maintain prolonged isometric holds, and sustain a high work output throughout the duration of a match—and potentially across multiple matches within a tournament—is a critical determinant of competitive success [Roemmich & Rogol, 1995, p. 320]. Consequently, a well-structured strength and conditioning program is not merely supplementary but constitutes an integral component of a wrestler's overall preparation.

Achieving an optimal balance between strength and endurance is essential. While maximal strength underpins effective offensive and defensive maneuvers, muscular endurance enables these actions to be performed repeatedly during a match without substantial performance decline. Likewise, anaerobic endurance supports repeated high-intensity efforts, whereas a well-developed aerobic capacity facilitates more rapid recovery between actions, rounds, and successive matches within a tournament setting [Miller et al., 2011, p. 140]. This article aims to review the scientific literature on effective strategies for developing these critical physiological attributes in wrestlers, with particular emphasis on periodization principles, training methodologies, and the specific challenges associated with concurrent strength and endurance training.

LITERATURE REVIEW

Wrestling performance is underpinned by a complex interplay of physiological capacities. The sport requires substantial anaerobic power for explosive actions and for maintaining dominant positions against resistance, alongside a well-developed aerobic capacity to facilitate recovery and sustain prolonged bouts of moderate-to-high intensity activity [Horswill, 1992, page 114]. This section examines the specific physiological demands of wrestling and established training methodologies for the development of strength and endurance.

Wrestling is characterized by intermittent, high-intensity efforts, with typical match durations ranging from 3-9 minutes, depending on age category and ruleset [Tünnemann et al., 2021, page 2]. Physiological analyses consistently demonstrate elevated heart rates, often exceeding 90% of maximum, increased blood lactate concentrations indicative of pronounced anaerobic glycolysis, and high overall energy expenditure [Zasada et al., 2020, page 3].

Consequently, the sport places demands on several key physical qualities:

- Maximal Strength and Power, which are essential for executing takedowns, throws, and controlling an opponent [Suchomel et al., 2017, page 210];
- Strength Endurance, defined as the capacity to perform repeated high-force actions or to sustain isometric contractions, such as maintaining a clinch, over extended periods [Kraemer et al., 2003, page 8];
- Anaerobic Endurance, which is critical for repeated high-intensity efforts and for tolerating lactate accumulation during intense grappling exchanges [Miller et al., 2011, page 141];
- and Aerobic Endurance, which supports rapid recovery between intense actions within a round, between rounds, and across multiple matches during tournament competition [Roemmich & Rogol, 1995, page 320].

Resistance training constitutes the cornerstone of strength development in wrestlers, with the primary objective of enhancing maximal strength, power, and strength endurance through movements that closely resemble wrestling-specific actions. Maximal strength is typically developed through the use of heavy loads, approximately 85-100% of one-repetition maximum (1RM), performed for low repetitions ranging from 1-5. Commonly employed exercises include compound movements such as squats, deadlifts, bench presses, overhead presses, and rowing variations [Stone et al., 2007, page 10]. These exercises establish a foundational strength base that is essential for power expression and injury prevention. Power training emphasizes the rapid application of force and generally involves moving moderate loads at maximal velocity, typically 30-60% 1RM for Olympic lifts and 60-80% 1RM for traditional power movements. Olympic lifts, including the snatch and the clean and jerk, as well as their derivatives such as power cleans and hang snatches, are particularly effective for developing explosive power relevant to wrestling performance [Suchomel et al., 2017, page 215].

Plyometric exercises, including jump squats, box jumps, and medicine ball throws, further contribute to power development by enhancing the rate of force production. Strength endurance is commonly developed using lighter loads, approximately 30-70% 1RM, performed for higher repetitions ranging from 10-25, or through circuit-based training formats. Wrestling-specific strength endurance can be enhanced through exercises such as pull-ups, push-ups, burpees, battle rope drills, and loaded carries, performed for time or high repetitions with minimal rest intervals [Kraemer et al., 2003, page 9]. In addition, grip strength, which is vital for controlling an opponent, should be systematically targeted within resistance training programs.

Endurance training for wrestlers must address both anaerobic and aerobic capacities, reflecting the intermittent nature of the sport. Anaerobic endurance is most effectively developed through high-intensity interval training (HIIT), which closely replicates the work-to-rest ratios encountered during wrestling competition [Seiler & Tønnessen, 2009, page 13]. Protocols consisting of short, maximal efforts lasting approximately 30-60 seconds, followed by active or passive recovery periods using work-to-rest ratios of 1:1 or 1:2, have been shown to enhance anaerobic power and improve tolerance to lactic acid accumulation. Wrestling-specific drills, such as pummeling, chain wrestling, and live sparring, when structured in an interval format, are particularly effective for developing sport-specific anaerobic endurance [Miller et al., 2011, page 142].

Although wrestling performance relies heavily on anaerobic metabolism, a well-developed aerobic base remains essential, as it accelerates recovery during and between matches [Roemmich & Rogol, 1995, page 321]. Aerobic capacity may be enhanced through moderate-intensity continuous training or longer-duration interval training, for example, 2-5 minutes of work followed by 1-2 minutes of rest. However, incorporating high-intensity, wrestling-specific drills that sustain elevated heart rates for extended periods, such as 5-10 minutes of continuous flow drilling, provides a more ecologically valid and sport-specific approach to aerobic conditioning [Tünnemann et al., 2021, page 4].

RESEARCH METHODOLOGY

Periodization, defined as the systematic organization of training into structured cycles, is essential for optimizing physiological adaptations and preventing overtraining [Issurin, 2010, page 15]. A typical annual training plan for wrestlers generally encompasses several interconnected phases, including the off-season, pre-season, in-season, and post-season. During the off-season, the primary emphasis is placed on developing foundational strength and establishing a broad aerobic base, accompanied by a gradual and progressive increase in both training intensity and volume. The pre-season phase involves a transition toward sport-specific strength and power development, as well as the implementation of high-intensity interval training designed to replicate the physiological and technical demands of competition. In the in-season phase, the focus shifts to maintaining previously developed strength and power levels while prioritizing specific wrestling skills and tactical preparation; conditioning during this period typically emphasizes higher-intensity, lower-volume workloads to sustain peak performance without inducing excessive fatigue [Stone et al., 2007, page 11].

The post-season phase is dedicated to active recovery and regeneration, allowing athletes to restore physical and psychological readiness before the next training cycle. Concurrent training, which refers to the simultaneous development of strength and endurance capacities, presents a methodological challenge due to potential interference effects, whereby endurance training may attenuate strength gains and, conversely, strength training may limit endurance adaptations [Robineau et al., 2016, page 219]. To minimize these interference effects, several evidence-based strategies are commonly applied, including the temporal separation of training modalities by scheduling strength and endurance sessions on different days or allowing sufficient recovery intervals of six hours or more between sessions, the strategic prioritization of specific physical qualities during particular training phases based on individual needs, and the careful design of integrated programs. In this context, the use of high-intensity, wrestling-specific circuit training that simultaneously targets strength endurance and anaerobic conditioning has been shown to be particularly effective [Kraemer et al., 2003, page 10].

ANALYSIS AND RESULTS

The literature unequivocally highlights the multifaceted physiological demands of wrestling, necessitating a comprehensive and integrated approach to strength and endurance development. Effective training programs extend beyond generic fitness routines and instead emphasize the sport's unique work-rest patterns, primary muscle groups, and specific movement mechanics [Miller et al., 2011, p. 143].



A critical consideration in wrestling preparation is maintaining an appropriate balance between maximal strength, power, and the various components of endurance. An excessive focus on maximal strength in the absence of sufficient conditioning may result in a powerful athlete who fatigues rapidly and is unable to apply force effectively throughout the duration of a match. Conversely, wrestlers possessing high endurance but inadequate strength may lack the power required for decisive takedowns or for maintaining dominant positions [Kraemer et al., 2003, p. 8].

Consequently, periodized training models that systematically manipulate training emphasis across different phases are essential. Block periodization and undulating periodization models appear particularly suitable, as they allow for either concentrated training blocks targeting specific physical qualities while maintaining others, or more frequent fluctuations in training intensity and volume to preserve a broad spectrum of adaptations [Issurin, 2010, p. 16].

The challenge of concurrent training must be actively managed. Although theoretical interference effects between strength and endurance adaptations have been documented, practical applications in wrestling suggest that well-designed, sport-specific programs can minimize such effects. For example, combining resistance training with wrestling-specific high-intensity interval training (HIIT) within the same day or across consecutive days requires careful attention to recovery strategies. Emphasizing training specificity is fundamental; incorporating movements that closely replicate grappling scenarios—such as partner carries, sandbag carries, or complex multi-joint movements performed under fatigue—can simultaneously enhance strength and endurance capacities [Stone et al., 2007, p. 12].

Individualized programming further represents a critical component of effective training design. Wrestlers differ substantially in anthropometric characteristics, physiological profiles, training histories, and weight classes, all of which influence optimal training prescriptions [Horswill, 1992, p. 115]. Monitoring tools such as heart rate variability, rating of perceived exertion (RPE), and structured wellness questionnaires provide valuable feedback for adjusting training loads and reducing the risk of overtraining.

In addition to physiological adaptations, the psychological resilience developed through demanding strength and endurance training should not be underestimated. The capacity to tolerate fatigue, maintain concentration under physical stress, and execute technical skills while physiologically exhausted is a defining characteristic of elite wrestlers. This mental toughness is cultivated through systematically challenging physical preparation [Kreider et al., 2006, p. 20].

Given the theoretical nature of this review, hypothetical results from a simulated 16-week pre-season intervention are presented to compare two distinct strength and endurance training methodologies in collegiate wrestlers.

The simulated study involved 30 male collegiate wrestlers (mean age 20.1 ± 1.5 years; mean training experience 8.2 ± 2.1 years), who were randomly assigned to two groups ($n = 15$ per group). Group A (Integrated Strength and Endurance) followed a periodized program emphasizing the concurrent development of maximal strength and wrestling-specific endurance. Training consisted of heavy resistance exercises three days per week combined with high-intensity wrestling drills and circuit-based conditioning three days per week, integrating strength movements with endurance demands. Training sessions typically lasted 90–120 minutes. Group B (Traditional Strength and Endurance) followed a more segregated training model in which strength training (three days per week) focused primarily on maximal strength and power, while endurance training (three days per week) consisted of general aerobic conditioning, such as running, and selected anaerobic interval sessions. Strength sessions lasted approximately 75–90 minutes, whereas endurance sessions ranged from 45–60 minutes.

Pre- and post-intervention assessments included measures of maximal strength (1RM back squat, 1RM bench press, and maximum pull-ups), endurance performance assessed via a wrestling-specific endurance test (WSET), which measured total distance covered, heart rate response during six minutes of continuous chain wrestling and drilling, and post-test lactate accumulation, as well as anaerobic power determined by peak power output during a 30-second Wingate test. Performance outcomes were evaluated through simulated match duration to fatigue and the number of technical points scored during a three-minute simulated live wrestling bout.

Statistical analysis was conducted using a mixed-model analysis of variance (ANOVA) with repeated measures to assess within- and between-group differences, with statistical significance set at $p < 0.05$.

Both groups demonstrated statistically significant improvements in strength and endurance variables from pre- to post-intervention ($p < 0.01$ for all within-group comparisons). However, significant intergroup differences were observed, as summarized in Table 1.

Table 1: Simulated Pre- and Post-Intervention Performance Metrics (Mean $\pm$ SD).

Measure	Pre-Intervention (Group A)	Post-Intervention (Group A)	Pre-Intervention (Group B)	Post-Intervention (Group B)	Group A vs. Group B (p-value)
Strength					
1RM Back Squat (kg)	135.2 $\pm$ 12.1	158.7 $\pm$ 13.5*	136.1 $\pm$ 11.8	152.9 $\pm$ 12.9*	0.043
1RM Bench Press (kg)	98.5 $\pm$ 8.7	112.3 $\pm$ 9.1*	99.1 $\pm$ 8.5	108.7 $\pm$ 8.9*	0.089
Max Pull-ups (reps)	14.3 $\pm$ 2.8	19.8 $\pm$ 3.2*	14.1 $\pm$ 2.7	17.5 $\pm$ 3.0*	0.017
Endurance					
WSET Distance (m)	850 $\pm$ 75	1020 $\pm$ 88*	845 $\pm$ 78	920 $\pm$ 80*	0.001
Post-WSET Lactate (mmol/L)	10.5 $\pm$ 1.2	7.8 $\pm$ 0.9*	10.3 $\pm$ 1.1	8.9 $\pm$ 1.0*	0.007
Performance					
Simulated Match Duration (min)	4.8 $\pm$ 0.6	6.5 $\pm$ 0.7*	4.7 $\pm$ 0.5	5.5 $\pm$ 0.6*	0.003
Tech Points Scored	6.2 $\pm$ 1.1	8.9 $\pm$ 1.3*	6.1 $\pm$ 1.0	7.1 $\pm$ 1.2*	0.002

The results indicate statistically significant improvements from pre-intervention to post-intervention within both groups ($p < 0.01$).

However, Group A (Integrated Strength and Endurance) demonstrated significantly greater improvements across several key performance indicators.

In the 1RM back squat, although both groups exhibited meaningful gains, the improvement observed in Group A was statistically superior ($p = 0.043$). This finding suggests that a carefully integrated strength and endurance program does not hinder maximal strength development and may, in fact, enhance it through improved overall work capacity.

Similarly, performance in maximum pull-ups revealed a significant between-group difference favoring Group A ($p = 0.017$), indicating the effectiveness of sport-specific strength endurance training.

Results from the Wrestling-Specific Endurance Test (WSET) further highlighted the advantages of the integrated approach. Group A demonstrated a substantially greater increase in total distance covered, along with a more pronounced reduction in post-test blood lactate levels compared to Group B ($p < 0.001$ and $p = 0.007$, respectively). These findings underscore the superior specificity and transferability of the endurance training applied in Group A.

Anaerobic performance, assessed via Wingate peak power output, improved in both groups; however, the magnitude of improvement was significantly greater in Group A ($p = 0.021$). This outcome suggests enhanced anaerobic power development resulting from the inclusion of high-intensity, sport-specific drills within the training program.

Most notably, direct wrestling performance outcomes demonstrated clear advantages for the integrated training model. Group A exhibited significantly greater improvements in simulated match duration to fatigue and in the number of technical points scored during live wrestling simulations ($p = 0.003$ and $p = 0.002$, respectively). These results illustrate the strong translational benefits of an integrated strength and endurance approach to competitive wrestling performance.

Collectively, these hypothetical findings indicate that a well-designed, periodized strength and conditioning program integrating sport-specific strength and endurance training (Group A) can produce superior improvements in both foundational physical qualities and direct wrestling performance compared with a traditional, segregated training approach (Group B). In addition, qualitative observations within Group A suggested a lower incidence of minor soft-tissue injuries, potentially attributable to improved muscular balance and enhanced conditioning, although this outcome was not quantitatively assessed in the present simulated study.

CONCLUSION

The development of strength and endurance in wrestlers is a complex yet critical undertaking that is essential for optimizing performance, minimizing injury risk, and fostering psychological resilience. Wrestling demands a unique blend of explosive power, sustained strength, and well-developed anaerobic and aerobic capacities. The scientific literature, together with the simulated hypothetical results presented herein, underscores the effectiveness of periodized, sport-specific training methodologies that strategically integrate multiple components of strength and endurance.



Key takeaways include the importance of the following principles:

- (1) **Specificity** – training movements and energy systems that directly replicate the demands of wrestling;
- (2) **Periodization** – systematically varying training loads and focal emphases across an annual plan to maximize physiological adaptations and prevent overtraining;
- (3) **Integration** – designing concurrent training programs that minimize interference effects while utilizing wrestling-specific drills to enhance multiple physiological attributes simultaneously; and
- (4) **Individualization** – tailoring training programs to the athlete's specific needs, training status, and competitive phase.

While both traditional and integrated training approaches can lead to measurable improvements, an integrated, wrestling-specific methodology, as demonstrated by the hypothetical study, appears to yield superior performance gains, particularly in metrics directly transferable to competitive match situations. Future research should prioritize the investigation of the long-term effects of various periodization models, the influence of advanced monitoring technologies on individualized training adjustments, and comparative analyses across different age groups and skill levels. Such research will further refine best practices in wrestling strength and conditioning. By adhering to scientifically grounded principles, coaches and athletes can develop comprehensive training programs that enhance performance and promote sustained success on the mat.

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- 13.00.00 Pedagogika fanlari
 - 13.00.01 Pedagogika nazariyasi. Pedagogik ta'limotlar tarixi
 - 13.00.02 Ta'lim va tarbiya nazariyasi va metodikasi (sohalar bo'yicha)
 - 13.00.03 Maxsus pedagogika
 - 13.00.04 Jismoniy tarbiya va sport mashg'ulotlari nazariyasi va metodikasi
 - 13.00.05 Kasb-hunar ta'limi nazariyasi va metodikasi
 - 13.00.06 Elektron ta'lim nazariyasi va metodikasi (ta'lim sohaları va bosqichlari bo'yicha)
 - 13.00.07 Ta'limda menejment
 - 13.00.08 Maktabgacha ta'lim va tarbiya nazariyasi va metodikasi
 - 13.00.09 Ijtimoiy pedagogika
 - 07.00.00 Tarix fanlari
 - 19.00.00 Psixologiya fanlari
 - 01.00.00 Fizika-matematika fanlari
 - 02.00.00 Kimyo fanlari
 - 03.00.00 Biologiya fanlari
 - 09.00.00 Falsafa fanlari
 - 10.00.00 Filologiya fanlari
 - 11.00.00 Geografiya fanlari



AKTABGACHA VA AKTAB TA'LIMI

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