

MAKING WEIGHT: KNOW YOUR NUMBERS

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Wrestling Weight Targets SENIOR 2017/2018

MALES

Weight CLASS (kg)	57	65	74	86	97	125	61	70	79
Athlete should be <5% of scratch weight one month from competition									
Percent 5%	59.9	68.3	77.7	90.3	101.9	131.3	64.1	73.5	83.0
Athlete should be <3% of scratch weight 1 week from competition									
Percent 3%	58.7	67.0	76.2	88.6	99.9	128.8	62.8	72.1	81.4
Athlete should be <1% of scratch weight the morning of weigh-ins									
Percent 1%	57.6	65.7	74.7	86.9	98.0	126.3	61.6	70.7	79.8

"Failing to plan, is planning to fail" Alan Lakein

To ensure wrestlers make weight and are ready to perform optimally **within a 2 hour time frame**, know the following values to help develop an effective plan to minimize missed weights and inadequate recovery after weigh-in.

Float amount: how much the wrestler typically loses from the time he goes to bed until the time he wakes up?

Sweat loss: how much the wrestler typically loses during the following situations?

- 1 hour of a practice
- 30 minutes doing cardio (i.e. bike, jog, skipping, etc...typical mode of cardio the wrestler uses)
- 15-20 minutes of passive sweating (i.e. sauna, 10 min hot shower or hot bath and post sweat amount)

Low residue plan: how much the wrestler can effectively reduce gut contents with 24 to 48 hours of low residue plan?

When enough values have been collected an athlete and coach can develop a 'Making weight' plan for day of weigh-in

Different EXAMPLES (WRESTLERS NEED TO DEVELOP INDIVIDUAL PLANS):

Weight (48 hrs from weighin)	58.7kg	67kg	75.7kg	88kg	99.2kg	126kg
Float amount	0.7	0.8	1.0	1.2	1.0	1.0
Sweat loss (30 min)	0.5	0.7	0.7	N/A	N/A	N/A
Sweat loss (15 min)				0.5	0.5	N/A
Low residue plan	0.5	0.5	N/A	0.3	0.7	N/A
Total	1.7kg	2.0kg	1.7kg	2.0kg	2.2kg	1.0kg
Weigh-in 8:00 am	57kg	65kg	74kg	86kg	97kg	125kg

REMEMBER

Be adaptable, and plan for different scenarios

A Making Weight Plan
reduces competition stress / anxiety allowing you to focus on wrestling performance