

# MAKING WEIGHT: KNOW YOUR NUMBERS

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## Wrestling Weight Targets SENIOR 2017/2018

FEMALES

Weight CLASS (kg)	50	53	57	62	68	76	55	59	65
Athlete should be <5% of scratch weight one month before competition									
Percent 5%	52.5	55.7	59.9	65.1	71.4	79.8	57.8	62.0	68.3
Athlete should be <3% of scratch weight 1 week from competition									
Percent 3%	51.5	54.6	58.7	63.9	70.0	78.3	56.7	60.8	67.0
Athlete should be <1% of scratch weight the morning of weigh-ins									
Percent 1%	50.5	53.5	57.6	62.6	68.7	76.8	55.6	59.6	65.7

*"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 she goes to bed until the time she 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)	51.3kg	54.9kg	58.5kg	63kg	69.5kg	77.5kg
Float amount	0.5	0.7	0.8	0.8	0.8	1.5
Sweat loss (30 min)	0.3	0.5	0.7	N/A	0.5	N/A
Sweat loss (15 min)				0.2		
Low residue plan	0.5	0.7	N/A	N/A	0.2	N/A
Total	1.3kg	1.9kg	1.5kg	1.0kg	1.5kg	1.5kg
Weigh-in 8:00 am	50kg	53kg	57kg	62kg	68kg	76kg

### REMEMBER

Be adaptable, and plan for different scenarios

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