



Tractor Tire Conditioning for Enhanced Wrestling Performance

By Buck Blackwood

Muscular strength, power, and endurance are all determinants of success in wrestling. If any one of these components is enhanced, it may improve performance. Wrestlers and coaches spend much of their time in the pursuit of innovative means to achieve performance enhancements. Tractor tire intervals (TTI) may serve that purpose.

Although wrestling athletes may enhance strength, power, and endurance with non-sport-specific exercises (1), to optimize athletic performance, the specificity principle should be followed.

Specificity of exercise relates appropriate resistance training of athletes to sport activity. The principle allows one to match the appropriate metabolic and biomechanical characteristics of training to the sport activity (2). TTI match the energy systems and movement patterns unique to wrestling.

The sport of wrestling can be characterized by sudden, explosive movements which are executed on a repeated basis over an extended period with intermittent rest. Any given wrestling match includes repetitive takedowns, escapes, and tie-up movements. The primary energy pathways for wrestling are the ATP-