

Toronto Wrestling Development Centre General Weekday Practice Plan Sessions Run 6:30 – 9:00 pm

Mondays @ CALC	Tuesdays @ CALC	Wednesdays @ CALC	Thursdays @ CALC	Fridays @ CALC	Saturdays @ CALC
Low to medium intensity	High intensity no beginners	Low Intensity - This session is hosted and paid for by Team Impact Wrestling club, but visitors are welcome	High intensity no beginners	Low to medium intensity	Saturdays hosted and paid for by the Central Toronto Wrestling Club Contact dave.mair@sympatico.ca for an invitation
All sessions take place at the City Adult Learning Centre, 1 Danforth Ave., Toronto. See note below					
<ul style="list-style-type: none"> - Briefing - Group warm-up - Individualized/directed technique drilling - high speed drills - technical/tactical area of focus - situational and simulation short time wrestling - sparring drill also known as (a.k.a.) water wrestling/ ½ speed wrestling/ Russian wrestling drill - conditioning and warm-down - debrief 	<ul style="list-style-type: none"> - Briefing - Group warm-up - Individualized/directed technique drilling - situational and simulation wrestling - sparring drill a.k.a. water wrestling/ ½ speed wrestling/ Russian wrestling drill - overloading conditioning and warm-down - debrief 	<ul style="list-style-type: none"> - Briefing - Group warm-up - Individualized/directed technique drilling - technical/tactical area of focus - situational and simulation short time wrestling - sparring drill - conditioning - warm-down - debrief 	<ul style="list-style-type: none"> - Briefing - Individual warm-up - Individualized/directed technique drilling - tournament match simulation - overloading conditioning and warm-down - sparring drill - overloading conditioning and warm down - debrief 	See Monday for training plan	10:00 – 12:00pm

Note: Weekday sessions at the Toronto Wrestling Development Centre (TWDC) are open sessions. As per OAWA guidelines for the TWDC, to participate in sessions at the TWDC participants must be current members of the OAWA registered with a recognized club. All participants must follow the training program as managed by the club running the training session. Failure to do so will result in the participant being asked to leave.

Participants must be OAWA members, but do not have to be members of the club running the training session. OAWA Sponsors Monday, Tuesday, Thursday Friday sessions. Wednesday sessions are sponsored by the host club, but are open to any OAWA member under the guidelines noted above. Saturdays are club sessions as noted, contact the club for an invitation. Contact OAWA for more details on accessing the TWDC service.