



USA Wrestling Wt Cutting Workshop - Key Points

- Minimizing the heat stress that cutting places on your body is an important consideration for wrestlers. Heat injury can take days to recover from and heat stroke can cause death
- A fiber cut is a way to artificially bring down body weight without the stress of starvation and water cutting.

Smart Sweating

7-14 days out – heat acclimation to increase sweat rate ahead of time

- Heat acclimation ahead of time will help to increase sweat rate, decrease core temperature and physical stress for your final cut
- The point is to get your body use to the heat stress you will be putting it under for the final cut.
- Conduct at least 6 sessions, no more than 3 days apart before weight cut
- Progressively increase duration, start with 30 minutes, 60 minutes, 90 minutes
- YOU MUST HYDRATE A LOT DURING THESE SESSIONS! This will help keep you sweating for the session and minimize overloading the system into heat stroke.
- Combination of exercise + heat is the best way to increase acclimation
- Run or ride a bike with layers of clothing on – eg. Cotton sweat shirt, sweat pants, knit cap. Plastics are not recommended, as they can make core temperature go too high, too quick – however if you choose to use them, let your body breathe/vent your body so the heat strain is not too great.

Fiber Cut Technique

2-5 days out - Nutrition and Hydration

- Fiber cut in the diet, helps to artificially bring down body weight by decreasing the amount of fecal bulk produced by the diet. Replace Lunch, Dinner and snacks with low fiber choices (see lists)
- Sodium cut in the diet helps to decrease water retention in the body
- Keep hydration high until 24-48 hours out to minimize the release of Anti-diuretic hormone, which will cause water retention.