

Energy Needs for Wrestlers

Wrestling expends a high level of calories! Do you know how many calories you burn per hour of wrestling (drilling + live wrestling)?

Weight	1 hour	2 hours	3 hours	4 hours
125 lbs	342	684	1026	1368
150 lbs	408	816	1224	1632
175 lbs	477	954	1431	1908
200 lbs	546	1092	1638	2184
225 lbs	615	1230	1845	2460

*Data from The Compendium of Physical Activities Tracking Guide, 1993.

Estimating Your Calorie Needs

Maintaining your Weight

A simple formula to determine your calorie needs to maintain your weight while wrestling 2 hours/day:

Weight (lbs) x 20 calories/lb

150 lbs x 20 calories/lb = 3000 calories/day to maintain weight while wrestling

Decreasing Body Fat

If you want to reduce your body weight, you can simply decrease your caloric intake below your maintenance needs by 250-500 calories/day paired with working out. This will yield 1-2 lbs/week of fat loss, which will help to maintain muscle mass and keep your metabolism elevated. Weight loss of greater than 2 lbs/week likely reflects a loss of muscle mass and body water, a decrease in resting metabolic rate, and can result in increased body fat. This will be detrimental to your performance. Weight loss goals should be achieved during the offseason and fine-tuned during preseason.

Increasing Muscle Mass

To gain muscle mass, simply increase your caloric intake by 500-1000 calories/day above your maintenance calorie goals. This should occur during the offseason.

Calorie Guidelines

Weight	Total Calories/day to Maintain Weight	Total Calories/day to Lose Weight (reduce by 250-500 calories/day)	Total Calories/day to Gain Weight (add 500-1000 calories/day)
125 lbs	2500 calories	2000-2250 calories	3000-3500 calories
150 lbs	3000 calories	2500-2750 calories	3500-4000 calories
175 lbs	3500 calories	3000-3250 calories	4000-4500 calories
200 lbs	4000 calories	3500-3750 calories	4500-5000 calories
225 lbs	4500 calories	4000- 4250 calories	5000-5500 calories
250 lbs	5000 calories	4500-4750 calories	5500-6000 calories

Carbohydrate Needs for Wrestlers

- The base of every wrestler's diet should include carbohydrates, consisting of approximately 50-60% of total calories consumed. This is a minimum of 2.5 grams of carbohydrates per pound of body weight per day. Carbohydrates are the main source of energy for your muscles during wrestling.
- Carbohydrates are crucial to consume at every meal and snack, as well as both before and after workouts. This will help to replenish the muscle glycogen (the stored form of carbohydrate in the your body) you are using during wrestling.
- Aim to consume **both carbohydrates and protein within 30 minutes to 1 hour post-workout.**
- During workouts, consuming carbohydrates from a sports drink will be helpful to provide energy to your muscles, and replenish the electrolytes you are losing in your sweat. Aim for 30-60 grams of carbohydrate per hour of exercise. This is approximately 16 oz of Gatorade/hour.

Carbohydrate Guidelines

Weight	Grams of carbohydrates to consume per day	Grams of carbohydrates to consume 2 hours pre-workout	Grams of carbohydrates to consume immediately post-workout
125 lbs	313 grams	110 grams	45-85 grams
150 lbs	375 grams	135 grams	50-102 grams
175 lbs	438 grams	157 grams	60-120 grams
200 lbs	500 grams	180 grams	68-136 grams
225 lbs	563 grams	202 grams	77-153 grams

Foods Rich in Carbohydrates:

Fruit- 1 medium piece = 15 grams
Pasta, cooked 1 cup = 45 grams
Rice, cooked 1 cup = 45 grams
Bread, 2 slices= 30 grams
Cereal, 1 cup = 20-40 grams
Baked potato, 6 oz = 30 grams
Mashed potatoes, 1 cup = 30 grams

Milk, skim or 1%, 8 oz = 15 grams
Yogurt, 6 oz = 20 grams
Corn or peas, ½ cup cooked = 15 grams
Granola bar = 15-25 grams
Vegetable, 1 cup raw or ½ cup cooked = 5
Gatorade/Powerade, 8 oz = 14 grams
100% fruit juice, 8 oz = 15 grams

Protein Needs for Wrestlers

- Protein is crucial for muscle growth, recovery, and other functions in your body such as immune function.
- Wrestlers need to consume between 0.5-1 gram of protein per pound of body weight per day.
- Protein intake should remain elevated when trying to reduce body weight. This will help to maintain muscle mass while losing body fat.
- Protein should be consumed post-workout with a carbohydrate source. Ideas include chocolate milk, sports bars, deli meat or egg sandwich, yogurt cup, cereal with low-fat milk, fresh fruit smoothie, spaghetti with chicken breast, or teriyaki chicken and rice bowl.

Protein Guidelines

Weight	Grams of protein to consume per day
125 lbs	63-125 grams
150 lbs	75-150 grams
175 lbs	88-175 grams
200 lbs	100-200 grams
225 lbs	112-225 grams

Foods Rich in Protein

Eggs, 2 scrambled = 12 grams

Milk, skim or 1% = 8 grams

Yogurt, low-fat 6 oz = 8 grams

Yogurt, Greek low-fat 6 oz = 15 grams

Chicken breast, 3 oz baked = 25 grams

Cottage cheese, ½ cup = 15 grams

Deli turkey, ham, roast beef, 1 oz = 7 grams

Peanut butter, 2 Tbsp = 7 grams

Beef, sirloin 3 oz = 25 grams

Fish, cod, baked 3 oz = 21 grams

Cheese, American 1 slice = 7 grams

Beans, black or kidney ½ cup = 8 grams

Nuts, walnuts or almonds 2 Tbsp = 4 grams

Fat Needs for Wrestlers

- Fat is an important energy source (20-35% of calories) for wrestlers and should not be eliminated from the diet.
- Healthy fats such as monounsaturated fats are found in olive and canola oils, while polyunsaturated fats are found in fish and soybean oil. Saturated fats should be avoided and are found in fried foods, fast foods, butter, and processed foods.
- Omega-3 fatty acids help to reduce inflammation in the body after a hard workout and can be found in fish (tuna, salmon, halibut), walnuts, canola oil, avocados, and flax seed.
- High fat foods **should be avoided pre-workout**, as fat stays in the stomach longer and can delay gastric emptying and cause GI upset.

Foods Rich in Healthy Fats

Olive or canola oil, 1 Tbsp = 14 grams

Peanut butter, 2 Tbsp = 16 grams

Milk, 1% = 3 grams

Beef, sirloin, 3 oz = 9 grams

Nuts, walnuts or almonds, 2 Tbsp = 18 grams

Seeds, sunflower 1 Tbsp = 5 grams

Avocado, 2 Tbsp = 5 grams