

**User Name:**beatty142  
**Coaching Background (level, year exp., etc.):**HS Coach  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Setups Session #4 continued - Kerry M.  
  
**Approx. Warm-Up Time:**40 min  
  
**Warm-Up Design:**Insanity workout - Month one  
  
**Approx. Technique/Drilling Time:**60 min  
  
**Technique/Drilling Design:**Partner / 3 person drilling

* [Collar Tie Series Push Pull](https://www.kolat.com/collar-tie-series/-collar-tie-push-pull" \t "_blank)
* [Collar Tie Series Push Pull with Angles](https://www.kolat.com/collar-tie-series/-collar-tie-push-pull-with-angles" \t "_blank)

**Approx. Live Wrestling:**20 min  
  
**Live Wrestling Design:**Shark Bait  
  
**Approx. Conditioning Time:**15 min  
  
**Conditioning Design:**Cool down and stretch

**Total Practice Time Approx. 90 Minutes**

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