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INFORMATION TO BE ENTERED IN THE DIARY OF INDEPENDENT WEIGHT CONTROL OF THE ATHLETE

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ABOUT ARTICLE

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Abstract: The article presents a methodology for reducing athletes' body weight before competitions, based on the analysis of scientific-methodological literature and practical experience in sports. It reveals that this process should be carried out in a planned manner, under strict control, and by using individual graphs of daily weight dynamics. The implementation of this methodology allows wrestlers to improve their working capacity.

Practice shows that during the first days, weight decreases rapidly; due to dietary restrictions, the reduction begins without difficulty. In the final days, however, weight loss becomes more difficult, since fluid intake is significantly reduced. According to confirmatory experiments, in order to lose 1.5 ± 0.118 kg, an athlete must restrict fluid intake during the last 2–3 days before competition and visit a sauna the day before the competition to warm up.

Calculation of food and fluid intake. When reducing weight, it is necessary to decrease the volume of food while increasing its caloric value. It is also advisable to optimize the composition of the diet. Weight reduction should occur not at the expense of muscle mass, but by reducing fat mass. Protein must not be eliminated from the diet. Protein is a building material, and its deficiency leads to a decline in muscle strength indicators. Seafood is particularly rich in protein for the human body, while meat should be consumed boiled or lightly fried. Dairy products (excluding milk) are also recommended as they are protein-rich. The diet should also include sufficient foods high in dietary fiber. Among carbohydrates, honey is the most preferable. Dietary restrictions should primarily be achieved by reducing fluid, fats,

and polysaccharides. A sharp reduction in caloric intake not only leads to a decline in the physical performance capacity of athletes but also causes negative consequences for their overall health condition.

Nutritional balance is achieved mainly through the evening meal. A full breakfast in the morning and a moderate lunch during the day allow the athlete to perform training work productively throughout the day. In the evening, the amount of food consumed should be such that the body weight remains stable the next morning.

If an athlete is rapidly reducing weight before competitions, they should follow a step-by-step approach to weight reduction throughout the day. For example, if a reduction of 0.5 kg per day is chosen, and weigh-ins for the 66 kg category competition scheduled on Saturday, June 21 will take place at 18:00 on Friday, June 20, then by 18:00 on June 20, the athlete's body weight must not exceed 66 kg.

Excessive and uncontrolled fluid intake should be restricted. The rational way to compensate for dehydration is to drink water gradually, in small portions but more frequently. Weight reduction should be managed according to a day-by-day (calendar date) schedule.

It is necessary to draw up a schedule of weight reduction by dates—first an increasing table up to the weigh-in date (showing actual weight), then a decreasing schedule starting from the beginning of the weight-loss phase.

In this case, June 14 serves as the control date, and the athlete's weight should be around 69 kg. By this date, the weight must not exceed this figure, otherwise difficulties will arise in adjusting the weight in advance. This negatively affects the athlete's working capacity. The first 2 kg can be reduced without major difficulties through dietary restrictions. However, losing the last kilograms is harder, since it is achieved through dehydration. Thirst is more difficult for the human body to endure than hunger.

Weight reduction schedule by dates for participation in competitions

Calculations starting from weigh-in (with 0.5 kg steps)			Weight reduction dates (working schedule)		
Date	weight, kg	time	Date	Weight, kg	time
Friday 20.06	66.0	18.00	Saturday 14.06	69.0	evening
Thursday 19.06	66.5	evening	Sunday 15.06	68.5	evening
Wednesday 18.06	67.0	evening	Monday 16.06	68.0	evening
Tuesdat 17.06	67.5	evening	Tuesday 17.06	67.5	evening
Monday 16.06	68.0	evening	Wednesday 18.06	67.0	evening

Sunday 15.06	68.5	evening		Thursday 19.06	66.5	evening
Saturday 14.06	69.0	evening		Friday 20.06	66.0	18.00

Note: The weigh-in will take place on Friday, June 20, at 18:00 (66.0 kg); the athlete's training weight is 66 kg on June 14 – the control date.

Recovery of the athlete's body after weight reduction. After weigh-ins, athletes are recommended to drink special restorative fluids. For example: 60 g of glucose, 70 g of oatmeal, one egg yolk, lemon juice, 4 g of table salt, 0.5 g of ascorbic acid, 2 g of potassium, magnesium, 1 ml of vitamin B1, and 200 g of oatmeal. First, a decoction is prepared from oatmeal flakes, then the remaining ingredients are added (this is the single serving for one person). In addition, a bath with sea salt is recommended. Such measures help restore the water-salt balance of the body.

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