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INFORMATION FOR ATHLETES' SELF-MONITORING WEIGHT DIARY

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ABOUT ARTICLE

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Abstract: The article presents a methodology for reducing athletes' body weight before competitions, developed on the basis of an analysis of scientific and methodological literature and practical experience in sports. It is shown that this process should be carried out in a planned and strictly controlled manner, using individual graphs to monitor daily weight dynamics. The implementation of this methodology helps to improve the wrestlers' working capacity.

Introduction. Practice shows that during the first days, weight decreases rapidly and without major difficulty due to restricted food intake. However, in the final days, weight loss becomes more difficult, since fluid consumption is further reduced.

Confirmatory experiments indicate that to lose approximately 1.5 ± 0.118 kg, an athlete should limit fluid intake during the last 2–3 days before the competition and visit a sauna (steam bath) for warming up one day before the event.

Calculation of food and drink intake. During weight reduction, it is essential to decrease the volume of food while increasing its caloric density. The composition of the diet should also be optimized. Weight loss should occur through the reduction of fat mass, not muscle mass. Proteins must not be excluded from the diet. Protein serves as a building material for the body, and its deficiency leads to a decline in muscular strength.

For the human body, seafood is a valuable source of protein. Meat should be consumed boiled or lightly fried. Dairy products (except milk) are also recommended, as they are rich in

protein. The diet should include a sufficient amount of foods high in dietary fiber. Among carbohydrates, honey is the most beneficial.

Dietary restriction should primarily target a reduction in liquids, fats, and polysaccharides. However, an abrupt decrease in total calorie intake not only reduces athletes' physical performance capacity, but may also lead to negative health consequences.

Dietary balance is achieved mainly through proper adjustment of the evening meal. A full breakfast in the morning and a moderate lunch during the day enable an athlete to perform training sessions productively. In the evening, the amount of food should be such that the athlete's morning weight remains stable.

If an athlete is reducing weight intensively before competitions, they should follow a step-by-step daily weight reduction plan. For example, if the chosen rate of weight loss is 0.5 kg per day, and the competition in the 66 kg weight category is scheduled for Saturday, June 21, with the official weigh-in on Friday, June 20, at 18:00, then by June 20, 18:00, the athlete's body weight must not exceed 66 kg.

Excessive and uncontrolled fluid intake must be restricted. The most reasonable way to replenish body fluids is to drink water in small portions at frequent intervals, rather than all at once. Weight reduction should be planned and recorded according to a daily (dated) schedule, monitoring the gradual decrease systematically.

It is necessary to create a schedule of weight reduction by dates — beginning with the increasing sequence of weigh-in (measurement) dates up to the athlete's actual body weight, followed by a decreasing schedule showing the planned daily reduction starting from the initial date of weight loss.

In this situation, June 14 is considered the control date, and the athlete's body weight should be approximately 69 kg. By this time, the weight must be precisely around this mark — no more — otherwise, it will become difficult to regulate the reduction process later. Such deviations negatively affect the athlete's working capacity.

The first 2 kilograms can be lost relatively easily through dietary restrictions. However, losing the final kilograms is more difficult, since this stage involves body dehydration. Thirst is often harder to endure than hunger.

Table: Weight reduction by dates for competition preparation

Weight Calculation from the Target (0.5 kg Step Reduction)		
Date	Weight (kg)	Time
Friday, June 20	66.0	18:00

Schedule of Weight Reduction by Dates (Working Table)		
Date	Weight (kg)	Time

Thursday, June 19	66.5	Evening
Wednesday, June 18	67.0	Evening
Tuesday, June 17	67.5	Evening
Monday, June 16	68.0	Evening
Sunday, June 15	68.5	Evening
Saturday, June 14	69.0	Evening

Saturday, June 14	69.0	Evening
Sunday, June 15	68.5	Evening
Monday, June 16	68.0	Evening
Tuesday, June 17	67.5	Evening
Wednesday, June 18	67.0	Evening
Thursday, June 19	66.5	Evening
Friday, June 20	66.0	18:00

Note: The weigh-in is scheduled for Friday, June 20, at 18:00 (66.0 kg); the athlete's training weight is 66 kg as of the control date — June 14.

Restoration of the athlete's body after weight reduction.

After the weigh-in, athletes are advised to drink special recovery fluids. For example, a restorative mixture may include:

- 60 g of glucose
- 70 g of oatmeal
- 1 egg yolk
- lemon juice
- 4 g of table salt
- 0.5 g of ascorbic acid (vitamin C)
- 2 g of potassium and magnesium
- 1 ml of vitamin B1
- 200 g of oatmeal

First, a decoction is prepared from oatmeal flakes, and then the remaining ingredients are added. (This portion is intended for one person, single use.)

In addition, a bath with sea salt is recommended. Such measures help to restore the body's water-salt balance effectively after weight reduction.

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