

Monday

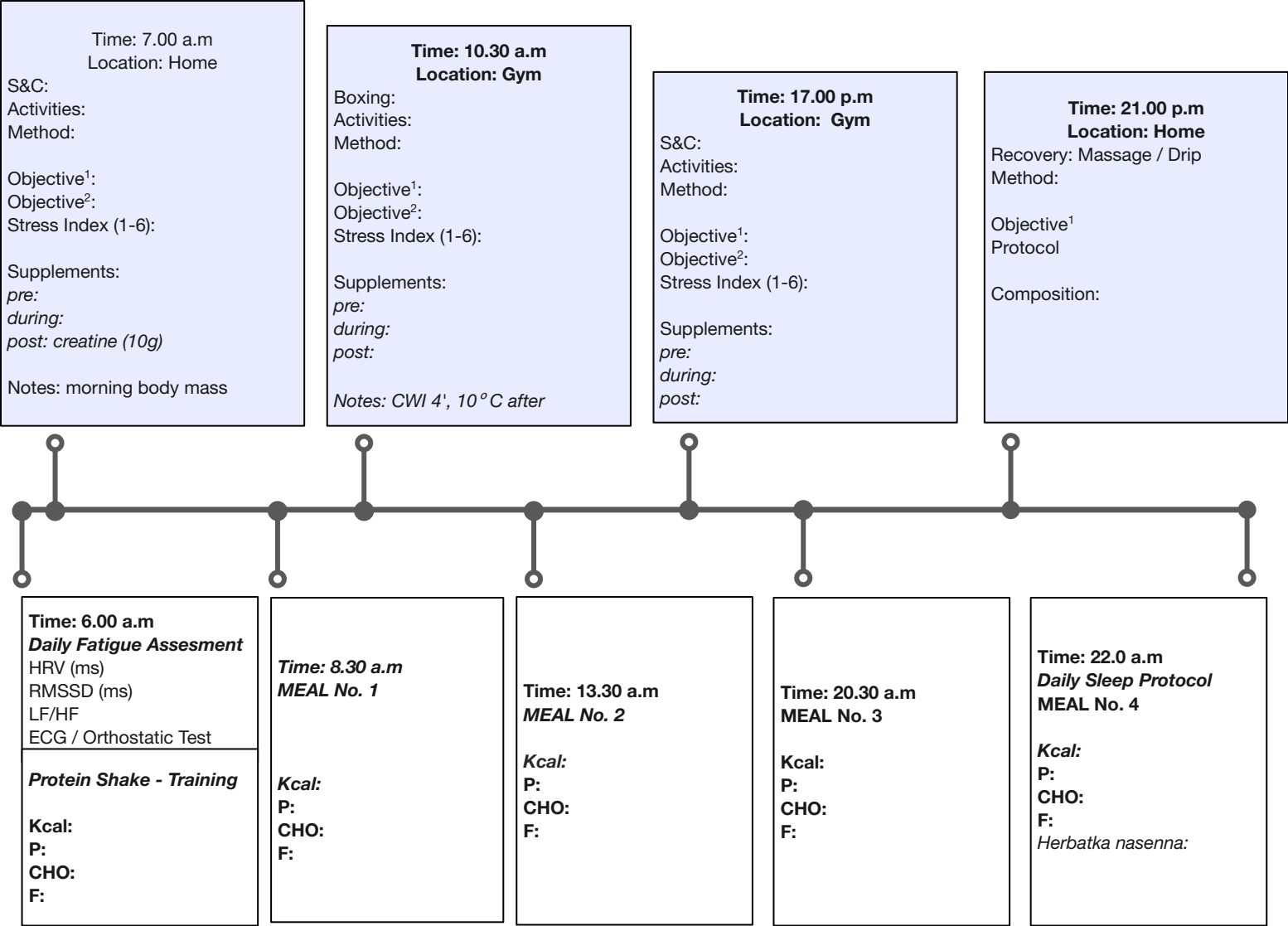
Date:	Phases of training: Preparatory , Competitive, Transition
Day of week: Mon , Tue, Wed,Thu, Fri, Sat, Sun	Sub-phases: General preparation (GP) , Specific preparation (SP)
	Pre-competition (Pre-Comp), Main Competition (MP)
Place: weight-room (2), swimming pool, boxing gym (3), outdoor (1)	Mesocycles: I,II,III,IV
Number of training sessions : 1,2,3	Microcycles: 1,2,3,4,5,6 / stimulating/ recovery/ maintenance
	Recovery: Cold water immersions, Sauna or contrast, Massage, Dry needling, Air compression therapy, Manual therapy, Drip.
Time of training:	
1: First S&C training session 7:00 a.m (45 - 120 minutes)	
2: Second S&C training session 12:00 a.m (45 - 120 minutes)	
3: Third Technical training session 17:00 p.m (>120 minutes)	

Concept of microcycle: <u>bioenergetics, methods, form of activity</u>			
	First training session (1)	Second training session (2)	Third training session (3)
Monday	-	<i>S&C (PST): Functional Hyperthropy</i> <i>Method: Repetition method</i> <i>Body: upper body/lower body</i>	-
Tuesday	S&C (ATT): Aerobic threshold training Method: Variable intensity method Activity: <i>AirBike / Bicycle / Rowing</i>		
Wednesday	-		
Thursday		S&C (PST): Functional Hyperthropy Method: Repetition method Body: <i>upper/lower body</i>	
Friday	S&C (AnTT): Anaerobic threshold training Method: Repetition method (exercise circuit) Activitiy: <i>AirBike + free exercise (KB)</i>		
Saturday	S&C (ATT): Aerobic threshold training Method: Variable intensity method Activity: <i>Running / Orbirtec/ Stairs</i>		
Sunday			

THE
BRAINS
BEHIND

Schedule for the day

CHYCKI



Training no.2 Strenght & Conditioning

Objectives: Strenght, **Power-Strenght**, Strenght-Power, Speed, Strenght-Funct.Hyperthrophy.
Energy system: **Anaerobic (phospagen)**, Anaerobic glycolysis (lactate, alactate), Aerobic glycolisys
Bar velocity: m/s

Method: **Contrast**, Repetitive, PAP,%1RM: 60-85%RM
Training Load: Low/Medium/High
Equipment: **KB, DB, Bar, Band, Ring**

Phase	#No	Training Tasks / Exercise	Combine	Sets	Reps./Time (s)	Weight (kg)	Rest. (s)	1RM %	Intensity		RIR Scale
									Tempo (s)	Velocity (m/s)	
Preparation General Warm-up	P1	A. Rowing (LT1 20%)		1	8 min						
Preparation Rehab	P2	A. DopamineO® Band complex exercise	complex	1	10						
		Lower Back					45				
		B1. GHD double leg MB (catch - throw) 3 kg, 10 reps each side	B1+B2	1	10	3	0				
		B2. Revers hyper extension or Trunk ext 20 kg, 10 reps		1	10	20	0				
		Shoulder Girdle	C1+C2				45				
		C1. KB Press sumo trunk rotation 6 kg, 6 reps		1	6	20	0				
		C2. KB "Wind Side" 6 kg, 6reps		1	6	20	0				
		Hip mobility	D1+D2				45				
		D1. Hip backward "stretch L" 8 reps		1	8	0	0				
		D2. 90 degree sit 8 reps		1	8	0	0				
Activation Specific Warm-up	P3	Abdomen / Core									
		A1. Revers crunch abs min 20 reps.	A1+A2	2	max	0	45				
		A2. KB Iso revers min 20s		2	max	8	45				
		Anti-rotation / Synchronisation									
		B1. Side plank copenhagen 8 reps	B1+B2	2	30s						
		B2. Split stance pallov press - 8 + multidirection, T rotation step-back 15s (orange rubber) + 6 reps		2	15						
		Activation + Oscilation									
		C1.	C1+C2								
		C2.									

	#No	Training Tasks / Exercise	Combine	Sets	Reps./Time (s)	Weight (kg)	Rest. (s)	1RM %	Intensity		RIR Scale			
									Tempo (s)	Velocity (m/s)				
Main Part	M1	BACK + BICEPS A0. DB Bench Rowing 22 kg + Iso Pull-ups (straight legs) 30s , 12 reps each side + 30s isometric Warm-up: no extra sets warm up.	A0	1	12+30s	22	75		2/1/2/1					
				2	12+30s	22	75		2/1/2/1					
				3	12+30s	22	75		2/1/2/1					
			A1. Barbell Rowing (Seal Row Bench) 8 reps 70-80 kg Warm-up: 3 sets 10 reps 40,50,60 kg Rest sets / 120 s. Active Rest between exercise: -	A1 B1 C1	1	8	70	120		3/0/2/1				
					2	8	75	120		3/0/2/1				
					3	8	80	120		3/0/2/1				
					B1. Lat Pulldown 12 reps (white rubber) + DB Biceps Curl Isometric 12 reps, 12kg Warm-up: - Rest sets / 90s. Rest between exercise max 30"		1	12+12	50/12	90				
							2	12+12	50/12	90				
							3	12+12	50/12	90				
					C1. Barbell Biceps Curl 8 reps Warm-up: 3 sets 10 reps 20,25,30 kg Rest sets / 90s. Rest between exercise max 30"		1	8	35	90				
							2	8	37	90				
							3	8	40	90				
Main Part	M2	LEGS A2. DB Walk 10 reps (steps), 15kg + Iso position split stance (plate) 5 reps, 5 kg	A2 B2 C2	1	10+5	5 + 2,5	60							
				2	10+5	5 + 2,5	60							
				3	10+5	5 + 2,5	60							
		B2. DL Hexa Bar 10 reps Warm-up: 3 sets 10 reps 50,60,70 kg Rest sets / 120 s. Active Rest between exercise: -		1	6	80	120							
				2	6	90	120							
				3	6	100	120							
		B3. Lying Leg (hamstring) Curl double: single 12 reps Warm-up: - Rest sets / 90s. Rest between exercise max 30"		1	12	45	90							
				2		50	90							
				3	12	55	90							