

Friday

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			

Legend:

LATT - Lactic acid tolerance training

MaxVO₂T - Maximum oxygen consumption training

AnTT - Anaerobic threshold training

COG - Cognitive training

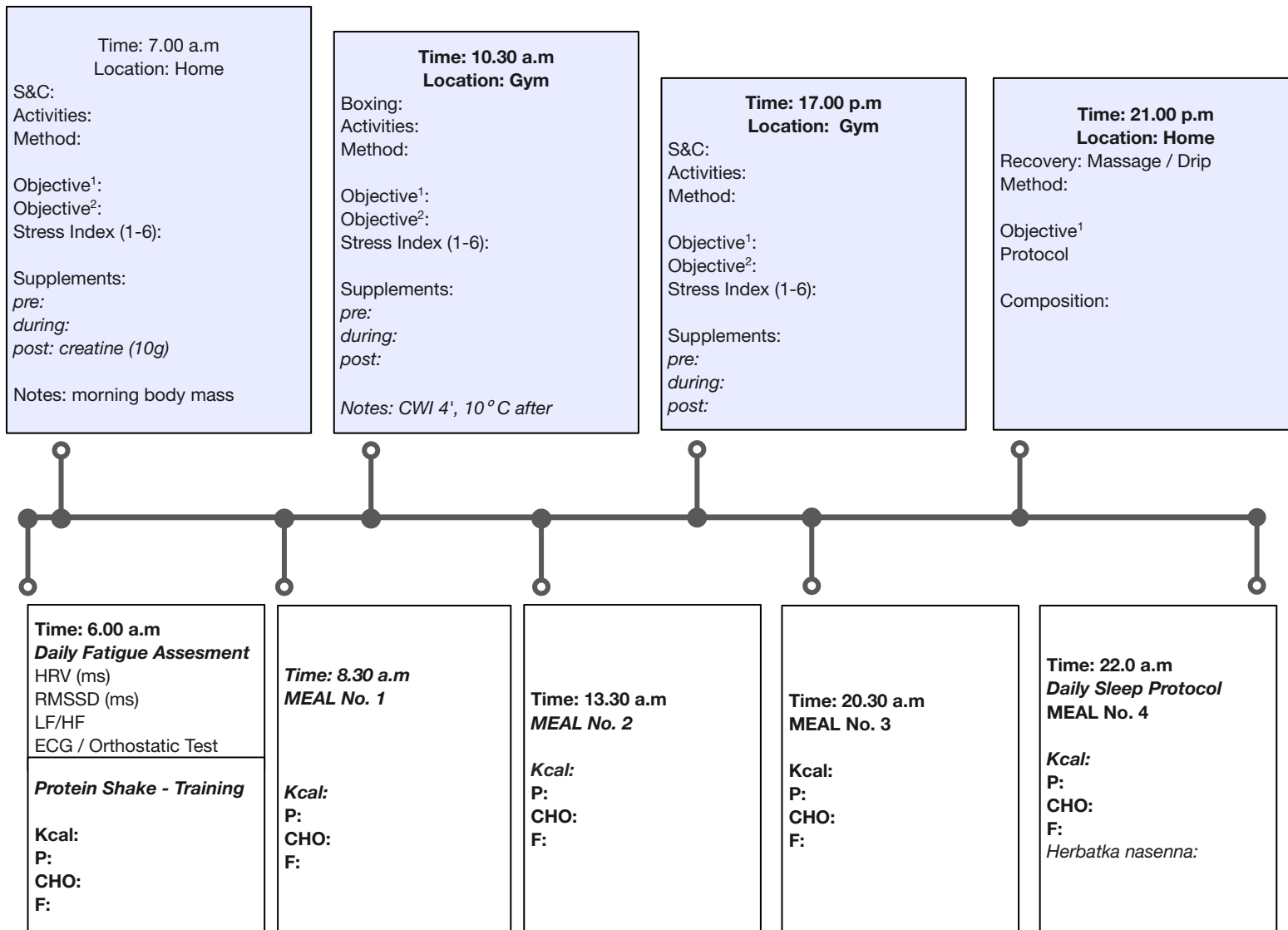
ATT - Aerobic threshold training (ATT)

PST - Phosphate system training

THE BRAINS BEHIND

Schedule for the day

CHYCKI



Training no.2 Strenght & Conditioning

Objectives: Strenght, **Power-Strenght**, Strenght-Power, Speed, Strenght-Funct.Hypertrophy.

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.									
Preparation Rehab	P2	A. DopamineO® Band complex exercise	complex								
		Lower Back									
		B1.	B1+B2								
		B2.									
		Shoulder Girdle	C1+C2								
		C1.									
		C2.									
		Hip mobility	D1+D2								
		D1.									
		D2.									
Activation Specific Warm-up	P3	Abdomen / Core									
		A1.	A1+A2								
		A2.									
		Anti-rotation / Synchronisation									
		B1.	B1+B2								
		B2.									
		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	A0. Warm-up: no extra sets warm up.	A0	1							
				2							
				3							
		A1. Warm-up: Rest sets / Rest between exercsie: -	A1 B1 C1	1							
				2							
				3							
		B1. Warm-up: - Rest sets / Rest between exercsie		1							
				2							
				3							
		C1. Warm-up: Rest sets / Rest between exercsie		1							
				2							
				3							
Main Part	M2	LEGS A2.	A2 B2 C2	1							
				2							
				3							
		B2. Warm-up: Rest sets / Rest between exercsie: -		1							
				2							
				3							
		B3. Warm-up: - Rest sets / Rest between exercsie		1							
				2							
				3							