

Monday

Date: Day of week: Mon , Tue, Wed, Thu, Fri, Sat, Sun	Phases of training: Preparatory , Competitive, Transition 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) Number of training sessions : 1,2,3	Mesocycles: I,II,III,IV 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: bioenergetics, methods, form of activity

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

Legend:

LATT - Lactic acid tolerance training

MaxVO₂T - Maximum oxygen consumption training

AnTT - Anaerobic threshold training

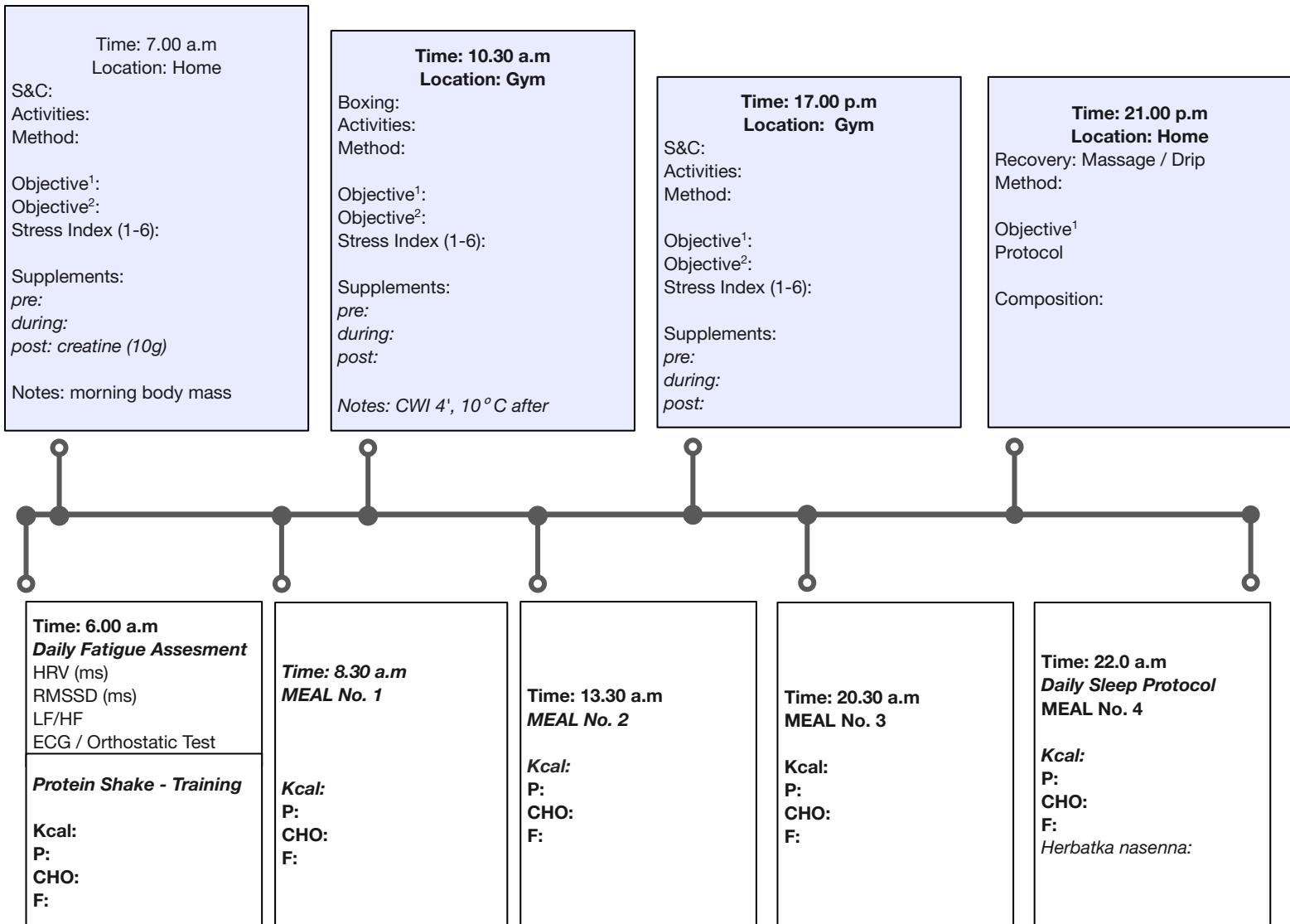
COG - Cognitive training

ATT - Aerobic threshold training (ATT)

PST - Phosphate system training

THE BRAINS BEHIND CHYCKI

Schedule for the day



Training no.1 Strength & Conditioning

Objectives: Aerobic Capacity (Cardio) **Intensity:** Low/Medium/ Submaximal/Maximal
Activities: Continuous / Repetitive / Interval effort
% VO₂max

Energy system: Anaerobic (phospagen), Anaerobic glycolysis (lactate, alactate, Aerobic glycolysis
Equipment: KB, DB, Barbells, Band, Ring



EXERCISE VIDEO

Training no.2 Strength & Conditioning

Objectives: Strength, Power-Strength, Strength-Power, Speed, Strength-Funct.Hyperthroph

Energy system: **Anaerobic (phosphagen)**, Anaerobic glycolysis (lactate, alactate), Aerobic glycolysis

Bar velocity: m/s

Method: **Contrast**, Repetitive, PAP,%1RM: 60-85%RM

Training Load: Low/Medium/High

Equipment: **KB**, **DB**, Bar, Band, **Rinc**

Phase	#No	Training Tasks / Exercise	Combine	Sets	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, 6 reps		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+A2					
		A1. Revers crunch abs min 20 reps.		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 + Oscillation	C1+C2					
		C1.						
		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 sise + 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 exercsie: -	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 exercsie max 30"	A1 B1 C1	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 exercsie max 30"	A1 B1 C1	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 exercsie: -		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 exercsie max 30"		1	12	45	90					
				2		50	90					
				3	12	55	90					