

# THE BRAINS BEHIND CHYCKI

## Saturday

Date: Day of week: Mon, Tue, Wed, Thu, Fri, <b>Sat</b> , Sun	Phases of training: <b>Preparatory</b> , Competitive, Transition Sub-phases: <b>General preparation (GP)</b> , Specific preparation (SP) Pre-competition ( <b>Pre-Comp</b> ), 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 <b>S&amp;C</b> training session <b>7:00 a.m</b> (45 - 120 minutes) 2: Second <b>S&amp;C</b> training session <b>12:00 a.m</b> (45 - 120 minutes) 3: Third <b>Technical</b> training session 17:00 p.m (>120 minutes)	

### **Concept of microcycle: bioenergetics, methods, form of activity**

	<b>First training session (1)</b>	<b>Second training session (2)</b>	<b>Third training session (3)</b>
Monday	-	<b>S&amp;C (PST): Functional Hyperthyropy</b> <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

MaxVO<sub>2</sub>T - Maximum oxygen consumption training

AnTT - Anaerobic threshold training

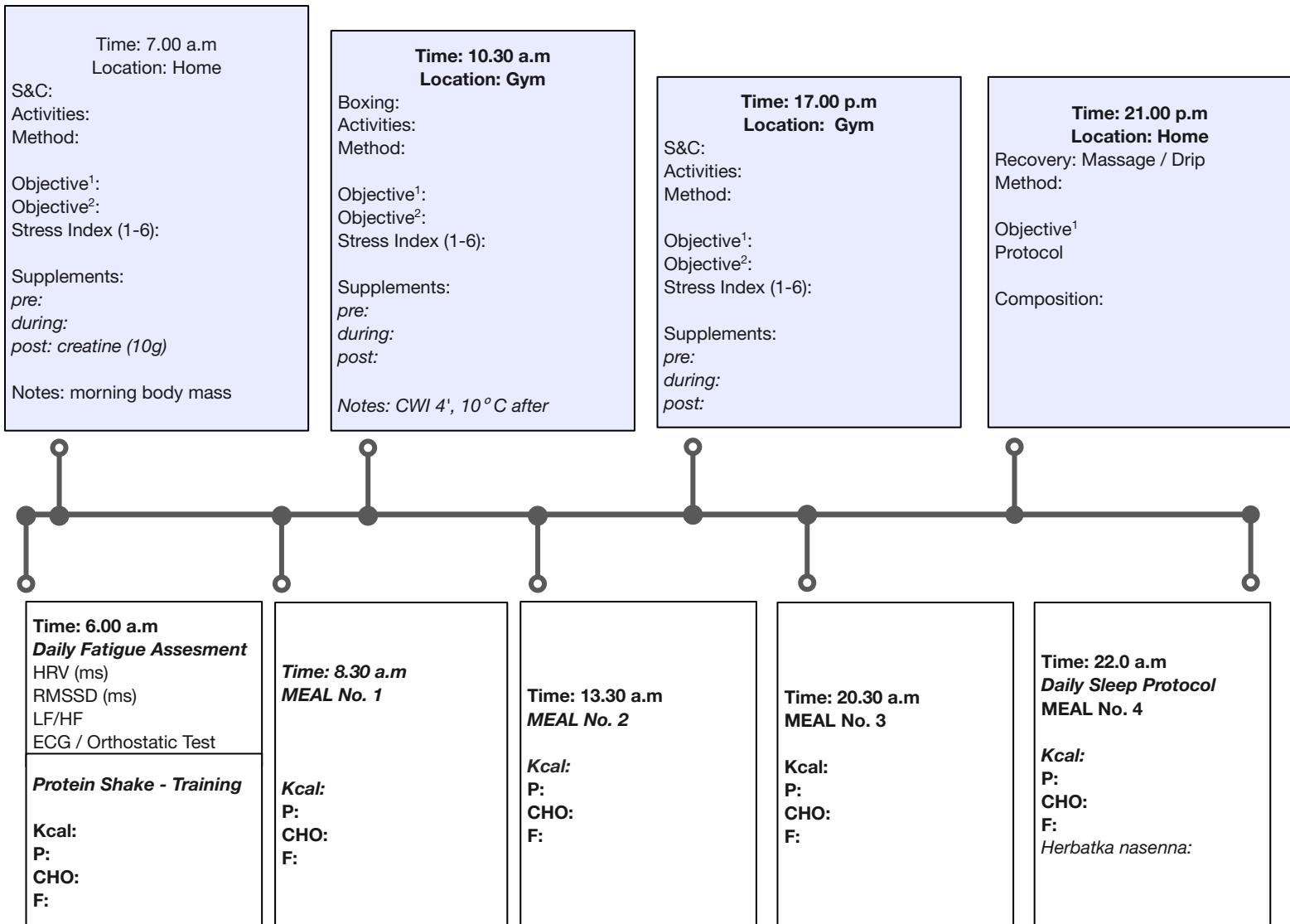
COG - Cognitive training

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

### Activities. C

Energy system: Anaerobic (phosphagen), Anaerobic glycolysis (lactate,

Energy system: Anaerobic (lactate) Aerobic glycolysis

Equipment: KB DB Barbells Band Bings

Phase	#No	Training Tasks / Exercise	Combine	Sets	Reps.	Rest.	Volume			Intensity		Heart Rate
Main Part	M1	Running: 10' (10km/h) + 2' (6 km/h) x4 sets, incline 2%. HR:... - every 10 minutes		8			Time (min)	Distance (km)		Tempo (min/km)	Speed (km/h)	
							64					
Main Part	M2		A-E				Weight (kg)	Time (s)	Iso-Con-Ecc (s)	Power (W)	Sat. O <sub>2av</sub> (%)	HR (Ave.)
				1			00	00	00	00	00	00
				2			00	00	00	00	00	00
				3			00	00	00	00	00	00
				4			00	00	00	00	00	00
Main Part	M3											



## EXERCISE VIDEO

## **Training no.2 Strength & Conditioning**

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

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, **Ring**

Phase	#No	Training Tasks / Exercise	Combine	Sets	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						
		<b>B1.</b>	B1+B2					
		<b>B2.</b>						
		Shoulder Girdle	C1+C2					
		<b>C1.</b>						
		<b>C2.</b>						
		Hip mobility	D1+D2					
		<b>D1.</b>						
		<b>D2.</b>						
Activation Specific Warm-up	P3	Abdomen / Core	A1+A2					
		<b>A1.</b>						
		<b>A2.</b>						
		Anti-rotation / Synchronisation						
		<b>B1.</b>	B1+B2					
		<b>B2.</b>						
		Activation + Oscillation	C1+C2					
		<b>C1.</b>						
		<b>C2.</b>						

	#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	<b>A0.</b>  Warm-up: no extra sets warm up.	A0	1								
				2								
				3								
		<b>A1.</b>  Warm-up: Rest sets / Rest between exercsie: -	A1 B1 C1	1								
				2								
				3								
		<b>B1.</b>  Warm-up: - Rest sets / Rest between exercsie	A1 B1 C1	1								
				2								
				3								
		<b>C1.</b>  Warm-up: Rest sets / Rest between exercsie	A1 B1 C1	1								
				2								
				3								
Main Part	M2	<b>LEGS</b>  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								