

Thursday

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)	

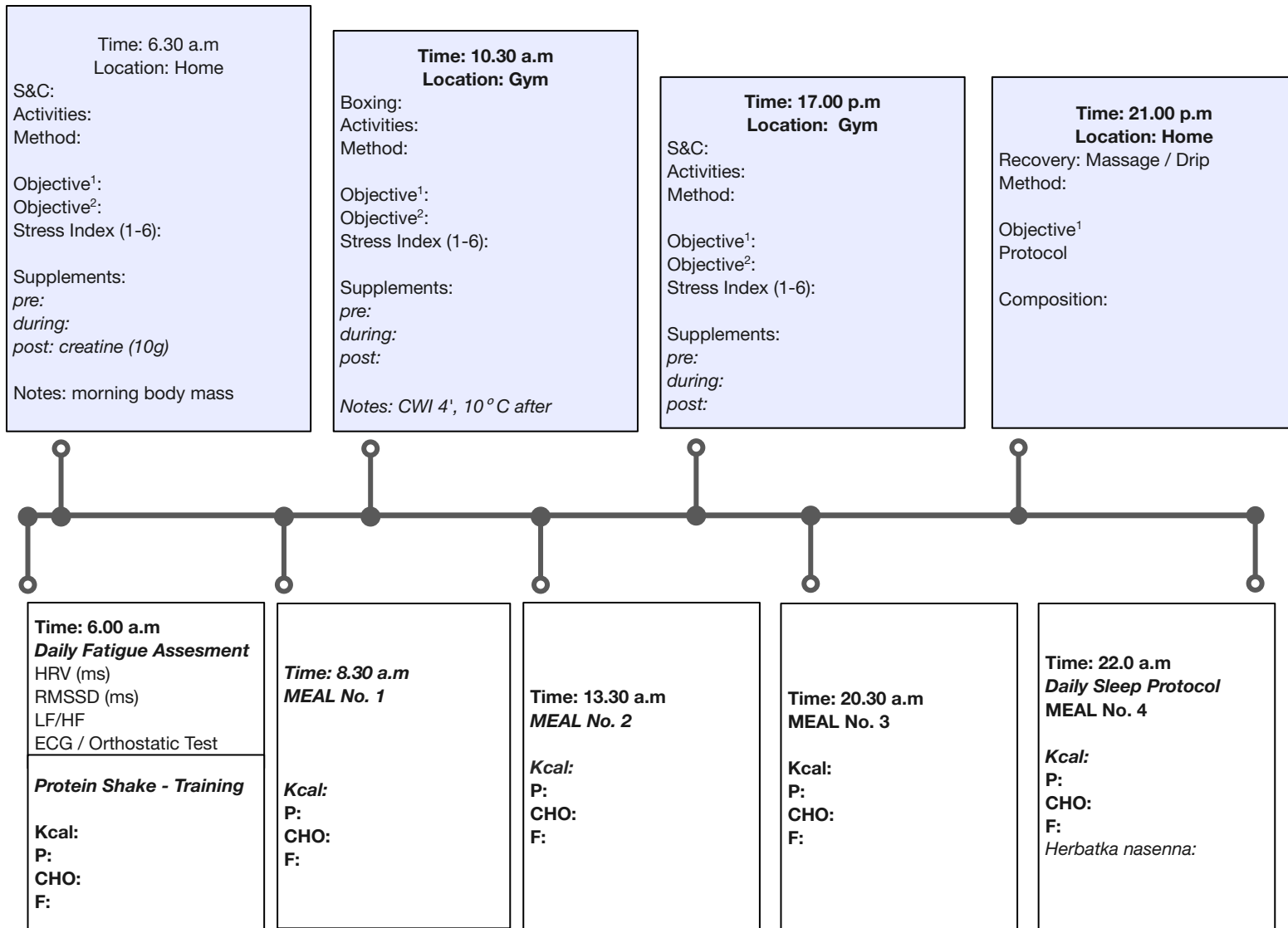
Concept of microcycle: bioenergetics, methods, form of activity

	First training session (1)	Second training session (2)	Third training session (3)
Monday	-	S&C (PST): Functional Hyperthropy Method: Repetition method Body: upper body/lower body	-
Tuesday	S&C (ATT): Aerobic threshold training Method: Variable intensity method Activity: AirBike / Bicycle / Rowing		
Wednesday	-		
Thursday		S&C (PST): Functional Hyperthropy Method: Repetition method Body: upper/lower body	
Friday	S&C (AnTT): Anaerobic threshold training Method: Repetition method (exercise circuit) Activitiy: AirBike + free exercise (KB)		
Saturday	S&C (ATT): Aerobic threshold training Method: Variable intensity method Activity: Running / Orbirtec/ Stairs		
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) 9 kg, 10 reps each side	B1+B2	1	10	9	0				
		B2. Revers hyper extension or Trunk ext 30 kg, 10 reps		1	10	30	0				
		Shoulder Girdle	C1+C2				45				
		C1. KB Press sumo trunk rotation 6 kg, 6 reps		1	6	14	0				
		C2. KB "Wind Side" 6 kg, 6reps		1	6	14	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	40	0	45				
		A2. KB Iso revers min 30s		2	60s	0	45				
		Anti-rotation / Synchronisation									
		B1. Side plank copenhagen 8 reps	B1+B2	2	30s+5						
		B2. Split stance pallov press - 8 + multidirection, T rotation step-back 15s (orange rubber) + 6 reps		2	12						
		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	CHEST + TRICEPS + SHOULDERS A0. DB Bench Press Iso 20 kg + Iso Push-ups 30s , 12 reps each sise + 30s isometric Warm-up: no extra sets warm up.	A0	1	12+30s	20	75		2/1/2/1			
				2	12+30s	20	75		2/1/2/1			
				3	12+30s	20	75		2/1/2/1			
			A1. Barbell Bench Press (or Machine) 8 reps 70-80 kg Warm-up: 3 sets 10 reps 40,50,60 kg Rest sets / 120 s. Active Rest between exercsie: - B1. Triceps cable extension 12 reps + DB Butterfly (or machine) 12 reps, 12kg Warm-up: - Rest sets / 90s. Rest between exercsie max 30" C1. Barbell Triceps extension I + DB Lateral Raise 8 reps Warm-up: 3 sets 10 reps 20,25,30 kg + 6,6,6 kg Rest sets / 90s. Rest between exercsie max 30"	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		
					1	12+12	50/12	90				
					2	12+12	50/12	90				
					3	12+12	50/12	90				
					1	8	35 +8	90				
					2	8	37 +8	90				
					3	8	40 +8	90				
Main Part	M2	LEGS A2. DB Revers step 10 reps (steps), 15kg + Iso squat stance (plate) 5 reps, 5 kg	A2 B2 C2	1	10+20s	15 + 10	60					
				2	10+20s	15 + 10	60					
				3	10+20s	15 + 10	60					
		B2. Legs Press 12 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. Quads double: 15 reps Warm-up: - Rest sets / 90s. Rest between exercsie max 30"		1	12	45	90					
				2		50	90					
				3	12	55	90					