

Friday

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

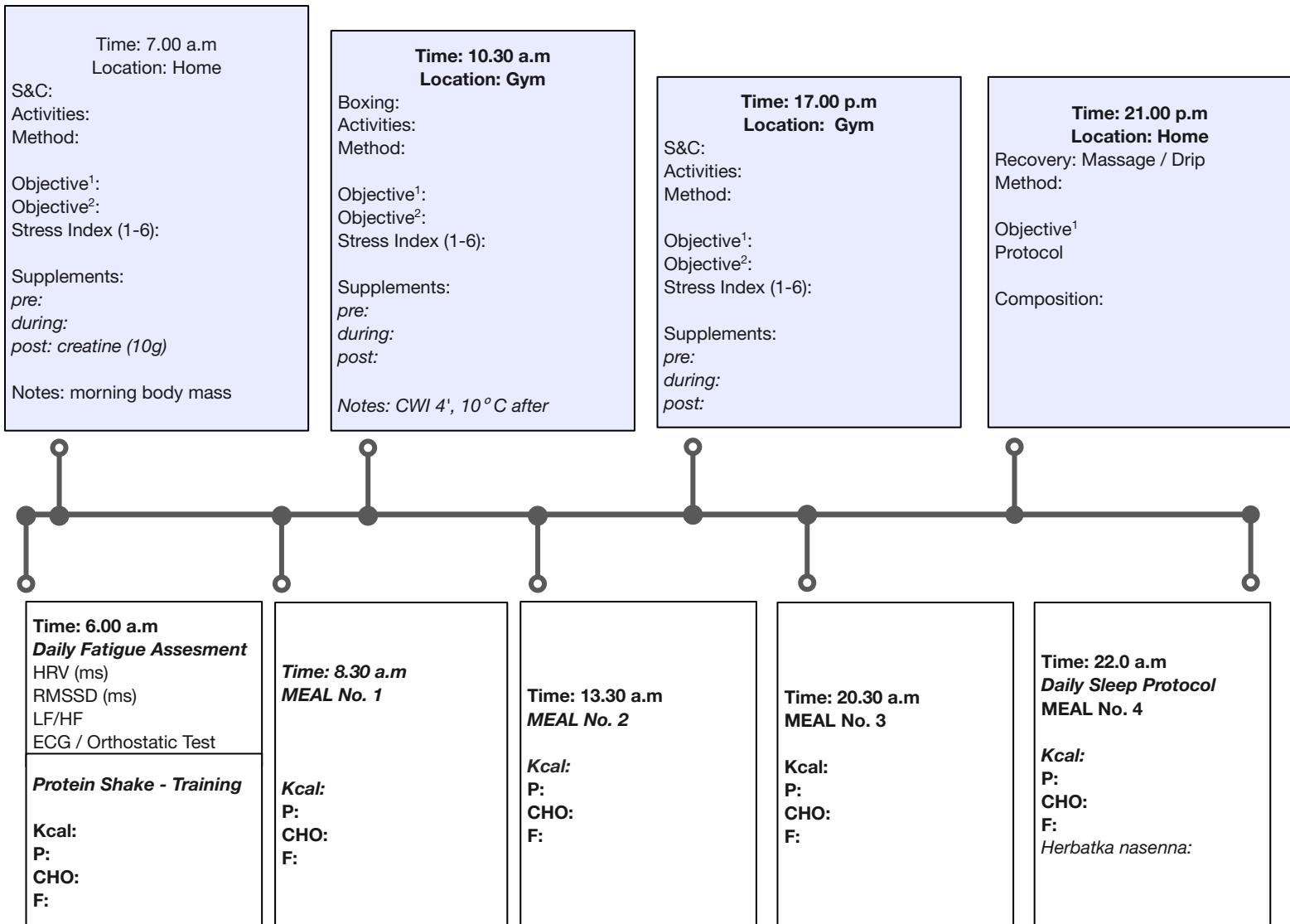
COG - Cognitive training

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

% VO_{max}

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

Energy system: Anaerobic (lactate) Aerobic glycolysis

Equipment: KB DB Barbells Band Bings



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						
		B1.	B1+B2					
		B2.						
		Shoulder Girdle	C1+C2					
		C1.						
		C2.						
		Hip mobility	D1+D2					
		D1.						
		D2.						
Activation Specific Warm-up	P3	Abdomen / Core	A1+A2					
		A1.						
		A2.						
		Anti-rotation / Synchronisation						
		B1.	B1+B2					
		B2.						
		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	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	A1 B1 C1	1								
				2								
				3								
		C1. Warm-up: Rest sets / Rest between exercsie	A1 B1 C1	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								