

FIGHT READY ***MONTH 3***

Focus

Speed Strength

Maximal Strength

Explosive Power

Parameters

Medium Volume

High Intensity

Medium Frequency

Target Heart Rate

140 - 160 Max

Week 9

Day 1 - Speed Strength - Maximal Strength - Explosive Power

Dynamic Warm Up
Plyometrics
1. Single Leg Broad Jump to 90 degree Lateral Broad - 6 x 2
Training
1.A. Zercher Squat - 3 x 3 [RPE - 8 French Contrast HR - 150 max]
1.B. Hurdle Hop - 3 x 1 [RPE - 5 4 Hurdles HR - 140 max]
1.C. Vertical Band Jump - 3 x 3 [RPE - 5-6 French Contrast HR - 140 max]
2.A. Barbell Floor Press - 3 x 3 [RPE - 8 French Contrast HR - 150 max]
2.B. Supine Med Ball Chest Pass - 3 x 4 [RPE - 5 French Contrast HR - 130-140 max]
2.C. Band Assisted Plyo Push Up - 3 x 3 [RPE - 6 French Contrast HR - 140 max]
3. Cable Row - 3 x 10 [RPE - 7-8 [1 1 0] HR - 130 max]
4. Hercules Hold - 2 x 90 seconds [RPE - 8 HR - 140 max]
5. Half Kneeling Cable Chop - 2 x 8 each side [RPE - 7 HR - 110 max]

Week 9

Day 2 - Anaerobic Endurance

Dynamic Warm Up
Anaerobic Endurance
1. Airdyne Bike Sprints - 10 x 1 [10 seconds ON, 20 seconds OFF RPE - 9 HR - 160 max]

Week 9

Day 3 - Speed Strength - Maximal Strength - Explosive Power

Dynamic Warm Up
Plyometrics
1. Reactive Skater Jump to Med Ball Side Chest Pass - 8 x 2
Training
1.A. Trap Bar Deadlift - 3 x 3 [RPE - 8 French Contrast HR - 150 max]
1.B. Box Jump - 3 x 1 [RPE - 6 French Contrast HR - 140 max]
1.C. Barbell Squat Jump - 3 x 3 [RPE - 6 French Contrast HR - 140 max]
2.A. Incline Barbell Press - 3 x 3 [RPE - 8 French Contrast HR - 140 max]
2.B. Med Ball Wall Pass - 3 x 4 [RPE - 6 French Contrast HR - 130-140 max]
2.C. Deficit Plyo Push Up - 3 x 3 [RPE - 6 French Contrast HR - 140 max]
3. Pull Ups - 3 x 10 [RPE - 7-8 [1 1 0] HR - 130 max]
4. Med Ball Guillotine Isometric Holds - 2 x 60 seconds [RPE - 9 HR - 140 max]
5. Ab Wheel Roll Out - 3 x 12 [RPE - 7 HR - 110 max]

Week 9

Day 4 - Anaerobic Endurance

Dynamic Warm Up
Anaerobic Endurance
1. Sprints - 10 x 1 [10 seconds ON, 20 seconds OFF RPE - 9 HR - 150 max]

Week 10

Day 1 - Speed Strength - Maximal Strength - Explosive Power

Dynamic Warm Up
Plyometrics
1. Sprawl to Staggered Broad Jump - 6 x 2
Training
1.A. Zercher Squat- 2 x 2 [RPE - 9 Potentiation Clusters HR - 140 max]
1.B. Hurdle Hop - 2 x 1 [RPE - 6 4 Hurdles HR - 140 max]
1.C. Vertical Band Jump - 2 x 3 [RPE - 6 F Potentiation Clusters HR - 140 max]
2.A. Glute Bridge Floor Press - 2 x 2 [RPE - 9 Potentiation Clusters HR - 150 max]
2.B. Med Ball Rotational Throw - 2 x 2 each side [RPE - 6 Potentiation Clusters HR - 130-140 max]
2.C. Band Assisted Plyo Push Up - 2 x 3 [RPE - 6 Potentiation Clusters HR - 140 max]
3. Single Arm Cable Row - 3 x 10 [RPE - 8 [1 1 0] HR - 130 max]
4. Pull Up Isometric Holds - 2 x 60 seconds [RPE - 9 HR - 150 max]
5. Plank - 2 x 45 seconds [RPE - 8 HR - 120 max]

Week 10

Day 2 - Anaerobic Endurance

Dynamic Warm Up
Anaerobic Endurance
1. Sled Sprints - 8 x 1 [10 seconds ON, 20 seconds OFF RPE - 9 HR - 160 max]

Week 10

Day 3 - Speed Strength - Maximal Strength - Explosive Power

Dynamic Warm Up
Plyometrics
1. Reactive Med Ball Broad Chest Pass - 8 x 1
Training
1.A. Trap Bar Deadlift - 2 x 2 [RPE - 9 Potentiation Clusters HR - 150 max]
1.B. Med Ball Jump Overhead Toss - 2 x 3 [RPE - 6 Potentiation Clusters HR - 140 max]
1.C. DB Squat Jump - 2 x 3 [RPE - 6 Potentiation Clusters HR - 140 max]
2.A. Close Grip Bench Press - 2 x 2 [RPE - 9 Potentiation Clusters HR - 140 max]
2.B. Med Ball Overhead Press Pass - 2 x 3 [RPE - 6 Potentiation Clusters HR - 130-140 max]
2.C. Plyo Push Up - 2 x 4 [RPE - 6 Potentiation Clusters HR - 140 max]
3. Landmine Rows - 3 x 10 [RPE - 8 [1 1 0] HR - 130 max]
4. Heavy Med Ball Quarter Squat Holds - 2 x 90 seconds [RPE - 9 HR - 140 max]
5. Swiss Ball Stir the Pot - 2 x 30 seconds [RPE - 8 HR - 120 max]

Week 10

Day 4 - Anaerobic Endurance

Dynamic Warm Up
Anaerobic Endurance
1. Prowler Sprints - 8 x 1 [12 seconds ON, 20 seconds OFF RPE - 9 HR - 160 max]

Week 11

Day 1 - Speed Strength - Maximal Strength - Explosive Power

Dynamic Warm Up
Plyometrics
1. Sprawl to Broad Jump to Vertical Tuck Jump - 6 x 2
Training
1.A. Zercher Squat - 3 x 2 [RPE - 10 Potentiation Clusters HR - 150 max]
1.B. Hurdle Hop - 3 x 1 [RPE - 6 4 Hurdles HR - 140 max]
1.C. Vertical Band Jump - 3 x 3 [RPE - 6 Potentiation Clusters HR - 140 max]
2.A. Floor Press - 2 x 2 [RPE - 10 Potentiation Clusters HR - 150 max]
2.B. Supine Med Ball Pass - 2 x 3 [RPE - 6 Potentiation Clusters HR - 130-140 max]
2.C. Band Assisted Plyo Push Up - 2 x 3 [RPE - 6 Potentiation Clusters HR - 140 max]
3. Sled Row - 2 x 10 [RPE - 9 HR - 130 max]
4. Ab Wheel Roll Out - 3 x 12 [RPE - 8 HR - 120 max]

Week 11

Day 2 - Anaerobic Conditioning RSA

Dynamic Warm Up
Anaerobic Conditioning RSA
1. Sprints - 10 x 1 [10 seconds ON, 20 seconds OFF, Active Shadowboxing RPE - 10 HR - 170 max]

Week 11

Day 3 - Speed Strength - Maximal Strength - Explosive Power

Dynamic Warm Up
Plyometrics
1. Med Ball Slam to Sprawl to Med Ball Single Arm Chest Pass - 8 x 2
Training
1.A. Trap Bar Deadlift - 2 x 2 [RPE - 10 Potentiation Clusters HR - 150 max]
1.B. DB Box Squat Box Jump - 2 x 3 [RPE - 6 Potentiation Clusters HR - 140 max]
1.C. Bounding Broad Jump - 2 x 3 [RPE - 6 Potentiation Clusters HR - 140 max]
2.A. Glute Bridge DB Floor Press - 3 x 2 [RPE - 10 Potentiation Clusters HR - 140 max]
2.B. Med Ball Overhead Press Pass - 3 x 3 [RPE - 6 Potentiation Clusters HR - 130-140 max]
2.C. Deficit Plyo Push Up - 2 x 4 [RPE - 6 Potentiation Clusters HR - 140 max]
3. Pull Ups - 3 x 10 [RPE - 9 [0 0 0] HR - 150 max]
4. Hercules Hold - 2 x 90 seconds [RPE - 10 HR - 155 max]
5. Plank - 2 x 45 seconds [RPE - 7 HR - 130 max]

Week 11

Day 4 - Anaerobic Conditioning

Dynamic Warm Up
Anaerobic Endurance
1. Versaclimber HIIT - 10 x 1 [10 seconds ON, 20 seconds OFF RPE - 10 HR - 160 max]

Week 12

Day 1 - Deload

Dynamic Warm Up
Power
1.A. Box Jump - 5 x 5 [RPE - 5 HR - 120 max]
1.B. Med Ball Rotational Throw - 5 x 3 reps each [RPE - 5 HR - 140 max]
2. Goblet Squat - 3 x 6 [RPE - 7 [0 0 0] HR - 120 max]
3. Weighted Pull Up - 3 x 8 [RPE - 7 [0 0 0] HR - 130 max]
4. Single Arm Cable Row - 3 x 8 each side [RPE - 7 [0 0 0] HR - 130 max]
5. Farmer Walk - 2 x 100 yards [RPE - 7 HR - 140 max]

Week 12

Day 2 - Fight Specific Circuit

Dynamic Warm Up
Fight Specific Circuit - 3 x 5 Rounds with 60 second Rest
1.A. Prowler Push - 60 seconds
1.B. BattleRope - 60 seconds
1.C. Heavy Bag Muay Thai Kicks - 60 seconds
1.D. Med Ball Overhead Toss - 60 seconds
1.E. Heavy Bag Ground and Pound - 60 seconds

Week 12

Day 3 - Deload

Dynamic Warm Up
Power
1.A. Hurdle Hop - 3 x 4 [RPE - 6 4 Hurdles HR - 120 max]
1.B. Med Ball Rotational Slams - 3 x 4 each side [RPE - 6 HR - 130 max]
2. Floor Press - 2 x 6 [RPE - 6 [0 0 0] HR - 120 max]
3. Pull Ups - 2 x 8 [RPE - 6 [0 0 0] HR - 130 max]
4. Sandbag Carry - 2 x 100 yards [RPE - 7 HR - 140 max]

Week 12

Day 4 - Fight Specific Circuit

Dynamic Warm Up
Fight Specific Circuit - 3 x 5 Rounds with 60 second Rest
1.A. Heavy Bag 1,2's - 60 seconds
1.B. Versaclimber - 60 seconds
1.C. Heavy Bag Muay Thai Kicks - 60 seconds
1.D. BattleRope - 60 seconds
1.E. Prowler Push - 60 seconds