Training Plan for Jan to Mar

Use this 2.5-month period to test 3 month training plans

Jan 2nd to Mar 16th

Four days on; one day off

Four heavy rotations, one light rotation with 2 days off

**General goals**

Floor: double front, double back, windmill, endo press, dive roll, front layout-front full, back double full

Pommel Horse: C russians, scissors, C scissors, back scissors, side travel, A moore, handstand dismount

Still Rings: Kip to lsit, cross, dislocate, back giant, inlocate, back uprise to straddle l, straddle pancke, lsit, yamawaki, front full

Vault: tsuk lay full, front lay

Pbars: Peach handstand, diam, front uprise, half pirouette, drop cast, straddle cut, press handstand, front uprise, front lay half

Horizontal Bar: yamawaki, kip half, back giant, stalder, blind change, front giant, full pirouette, half turn, double back

**Jan**

Finish core conditioning

Get comfortably my base skills

Start to work my current learning skills

Think about new skills

**Feb**

Consistently work current learning skills

Work some new skills

Work half routines

**Mar**

Finish get current learning skills

Work half routines

Finish plan for next three months

**Start with this schedule**

Mon: 5:30-8:30pm

Tues: 7:30-8:30am, 8:15-10:15pm

Wed: 5:30-8:30pm

Thurs: 7:30-8:30am, 8-10pm

Fri: 5:30-8:30pm

Sat: 7:30-8:30am, 3:30-5:30pm OR 11-2pm

Sun: 7:30-8:30am, 3:30-5:30pm

**Future schedule**

Once I get consistent with the schedule and sleep

Then I add in AT/PT, rehab, conditioning separate to practice

**Day off**

Light warm up: long walk

Stretch

Visualization

**Numbers every 4 days guideline**

Each event is about 45 min

Floor 3.5

2 Nice floor

0.5 Stiff floor

0.5 Tumble trac

0.5 Trampoline

P Horse 3

1.5 Nice horse

0.5 Floor mushroom

0.5 MTT horse

0.5 Mushroom

Rings 3

1 Swing

2 Strength

Vault 2

0.5 Stiff landing

1 Pit

0.5 Double boards

P bars 3

2 Low pbars

1 High pbars

Hbar 3

2 Pit bar

0.5 Overground bar

0.5 low bar

**Beginning and Ending of Practice** (each rotation)

Joint rehab and skipping

Handstand work and Stretching

Presses, simple holds

Core conditioning

Arm conditioning

Leg conditioning

Stretching and running

Basic tumble track with sticks

**On rotation**

Alternate Medium and Hard days

Medium is one training per day, Hard is 2 trainings per day

**Injury schedule** (just in case)

Condition

Rehab

Visualization

Video replay review

Plan ahead

**Off rotation**: two rotations

Only basics and fun time

Basics will be in the form of simple routines

Fun time will be few attempts at new skills

Spend more time on light conditioning, rehab, and stretching

**Diet**

Eat 4 times a day (9,1,5,10:30)

Lots of protein

Low alcohol consumption: 1-2 per week

Avoid drinking 2 hours before bedtime

Typical day of food

Eggs, bread, fruit

Salad, chicken, fruit, protein cookie

Protein shake

Rice/pasta, meat, vegetables

**Sleep**

7-9 hours per night

Sleep at night 12am-7am

Nap for days with 2 trainings; 20min-1.5 hrs

Try to prioritize going to bed earlier for extra sleep

**Extra help with health**

AT (at least once a week)

PT (once a month)

Dietician (once every other month)

**Order of priority** (keep in mind if things were to go wrong)

Sleep

Diet

Training

Conditioning/Rehab

Review videos

**PLAN FOR EACH DAY**

*Thursday 2nd Jan*

Warm up: Basic tumble track with sticks

Pbars: upper arm swings, front uprise, front dismounts, press to handstand

Rings: support-lsit-tuck planche, wide support, levers, planche leans

Hbar: back and front giants, blind change, half turn, flyaway

Floor: round off, back handsprings, front tuck, back tucks, front pike, corner skills

Phorse: circles, scissors, leans

Warm down: Core conditioning

*Friday 3rd Jan*

Warm up: Presses, simple holds

Hbar: stalders under bar swings, pirouette drills with stick and floor bar, yami tramp drill, cast to handstand half piro

Pbars: high swings to handstand, peach under bar swings, diam drills on wall

Vault: front handspring and round off to stacked mats,

Rings: high swings, kip to support, support swings, handstand

Warm down: Arm conditioning

*Saturday 4th Jan*

Warm up: Joint rehab and skipping

Rings: cross pulls, straddle planche walks on pbars, levers, support-lsit-tuck planche

Vault: front tuck, tsuk pike

Phorse: high mushroom: circles, flares, russians

Floor: tumble trac: front and back lay, half, full, 3/2

Warm down: Leg conditioning

*Sunday 5th Jan*

Warm up: Handstand work and Stretching

Pbars: high swings to handstand, peach under bar swings, diam drills on wall

Hbar: back and front giants, blind change, half turn, flyaway

Floor: back lay, front lay, high front/back tucks,

Phorse: circles, scissors, hill circles, russians

Warm down: Stretching and running

Floor 3, Phorse 3, Rings 3, Vault 2, Pbars 3, Hbar 3

*Mon: Day off*

Long walk

Stretch: long holds

*Tuesday*

Pbars

Rings

Vault

Phorse

Floor: trampoline

*Wednesday*

Hbar

Pbars

Rings

Phorse

*Thursday*

Pbars

Rings

Hbar

Floor

Phorse

*Friday*

Hbar

Pbars

Vault

Rings

Floor 4, Phorse 3, Rings 3, Vault 2, Pbars 4, Hbar 3

*Saturday: Day off*