



WEEKLY TRAINING PROGRAMME – WEEK 1

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon	3 Mile Steady State	B/Fast	Rest	Lunch	4x2 Pad Shuttles 2 x Ton Ups	
Tue	1.5 Mile Timed Core Stability	B/Fast	Tech Clinic Foot Work Straight Shots (Basics)	Lunch	Tech Spar (Basics, Straight Shots, Footwork)	
Wed	Rest	B/Fast	All Round Body Circuit	Lunch	Rest	
Thu	4 Mile Steady State	B/Fast	Skill Drills (Basics)	Lunch	Tech Spar (Basics, Straight Shots, Footwork)	
Fri	2 Mile Steady State Core Stability	B/Fast	4x2 Equip Themed 4x2 Skip	Lunch	Rest	
Sat	Rest Day					
Sun	Rest Day					



WEEKLY TRAINING PROGRAMME – WEEK 2

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon 28/09/09	3 Mile Steady State	B/Fast	Tech Pads Straight shots, Footwork	Lunch	All Round Body Circuit	
Tue	MSFT Core Stability	B/Fast	Tech Clinic Defence/Counters	Lunch	Tech Spar (Defence, Counters, Straight Shots, Footwork)	
Wed	Rest	B/Fast	Weights Circuit	Lunch	Rest	
Thu	3.5 Mile Steady State	B/Fast	Rest	Lunch	3x1 Pads Conditioned Spar 4x2s 2 x ½ Ton Up	
Fri	Intervals Core Stability	B/Fast	4x2 Skip 4x2 Pads Conditioning	Lunch	Rest	
Sat	Rest Day					
Sun	Rest Day					



WEEKLY TRAINING PROGRAMME – WEEK 3

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon 05/10/09	3.5 Mile Steady State	B/Fast	Rest	Lunch	4x2 Shadow (Themed) 6x2 Equip (Themed) 4x2 Skip (Themed)	
Tue	Gun Hill/Middle Hill x 2 Core Stability	B/Fast	Tech Clinic Feints/Drawing/Drifts	Lunch	3x1 Pads Open Spar 4x2 Flexibility	
Wed	Rest	B/Fast	All Round Body Circuit	Lunch	Rest	
Thu	Rugby Pitch 3xLaps Sprint L&W Core Stability	B/Fast	Rest	Lunch	3x1 Pads Open Spar 4x2s 5 Min Tech Pads 4x2 Skip	
Fri	Lamp Post Intervals Core Stability	B/Fast	Weights Circuit	Lunch	Rest	
Sat	Rest Day					
Sun	Rest Day					



WEEKLY TRAINING PROGRAMME – WEEK 4

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon 12/10/ 09	3 Mile Steady State	B/Fast	4x2 Skip (Tempo) Tech Spar Defence/Counters/ Feints/Drifts 4x2 Shadow (With Weights)	Lunch	4x2 Pads Conditioning 1xJog Ton Up	
Tue	Hill 6xSprints Core Stability	B/Fast	Rest	Lunch	3x1 Pads Open Spar 4x2 Ton Up	
Wed	Pad Shuttles 4x2 4x2 Shadow 4x2 Skip	B/Fast	All Round Body Circuit	Lunch	Rest	
Thu	Track 1x400 3x200 4x100 Core Stability	B/Fast	Repetition Drills 4x2	Lunch	3x1 Pads Open Spar 4x2s 4x2 Skip	
Fri	Lamp Post Intervals Core Stability	B/Fast	Weights Circuit	Lunch	Rest	
Sat	Rest Day					Own Run Weight Depending
Sun	Rest Day					Own Run Weight Depending



WEEKLY TRAINING PROGRAMME – WEEK 5

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon 19/10/ 09	1.5 Mile Timed	B/Fast	Rest	Lunch	4x2 Pads Conditioning 1xJog ½ Ton Up	
Tue	3 Mile Steady State Core Stability	B/Fast	Rest	Lunch	3x1 Pads Open Spar 4x2 3x2 Shadow	
Wed	Track 15 On 15 Off 4x2	B/Fast	Equip 8x1 (Tempos) 2x ½ Ton Up	Lunch	Rest	
Thu	Rest	B/Fast	4x2 Shadow 4x2 Skip (Tempos)	Lunch	3x1 Pads Open Spar 4x2s 4x2 Skip	
Fri	Track 4x2 Sustained Core Stability	B/Fast	6x1 Reaction Pads 3x15 Sec Bursts	Lunch	Rest	
Sat	Rest Day					Own Run Weight Depending
Sun	Rest Day					Own Run Weight Depending



WEEKLY TRAINING PROGRAMME – WEEK 6

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon 26/10/ 09	Track 6x60m	B/Fast	Rest	<u>Lunch</u>	6x1 Reaction Pads 3x10 Sec Bursts	
Tue	Own Run (Weight Depending)	B/Fast	Rest	Lunch	Sharpening Pads	
Wed	Rest	B/Fast	Rest	Lunch	Rest	
Thu	Rest	B/Fast	Rest	Lunch	Rest Travel	
Fri	Rest	B/Fast	Rest	Lunch	Rest	
Sat	Rest Day					
Sun	Rest Day					

CLUB: **ARMY**

BOXERS NAME:

COACHES NAME:

DAY / DATE	TRAINING FOCUS, OBJECTIVES AND OUTLINE OF ACTIVITIES TO BE UNDERTAKEN	NOTES
MONDAY 12/10/09	Warm Up – Session 1 Run – Session 2	
	Skills – Session 1 Shadow – Session 1 Flex – Session 2	
	Pad Work – Session 2 Circuit – Session 1 Flex – Session 1	
TUESDAY 13/10/09	Warm Up – Session 1 Run – Session 2 Core Stability – Session 1 Flex – Session 2	
	Warm Up – Session 3 Sparring – Session 1 Flex – Session 3	
WEDNESDAY 14/10/09	Warm Up – Session 2 Pad Work – Session 3 Flex – Session 2	
	Warm Up – Session 2 Circuit – Session 2 Flex – Session 3	
THURSDAY 15/10/09	Warm Up – Session 1 Run – Session 3 Core Stability – Session 2 Flex – Session 2	
	Warm Up – Session 2 Pad Work (Skill Development) – Session 1 Flex – Session 3	
	Warm Up – Session 3 Sparring – Session 2 Flex – Session 3	
FRIDAY 16/10/09	Warm Up – Session 1 Run – Session 4 Flex – Session 2	
	Warm Up – Session 2 Weights – Session 1 Flex – Session 3	
SATURDAY	Rest Day	
SUNDAY	Rest Day	Steady State Run (Weight Depending)

KEY TO TRAINING SCHEDULES: **WARM UP'S**

SESSION NUMBER	WARM UP DETAILS		NOTES
1	<p>Joint Rotation From a standing position with your arms hanging loosely at you sides, flex, extend, and rotate each of the following joints:</p> <ul style="list-style-type: none"> • Fingers • Wrist • Elbows • Shoulders • Neck • Trunk and shoulder blades • Hips • Knees • Ankles • Feet and toes <p>7 Min Pulse Raiser (Jog/Game)</p>	<p>Dynamic Stretching Neck Mobility Shoulder Circles Arm Swings Side Bends Hip Circles & Twists Half Squats Leg Swings Cross Body Leg Swings Lunges Double Leg Bounce</p> <p>Individual Stretching</p> <p>3 min pulse Raiser (Jog/Sprint)</p>	
2	<p>Joint Rotation From a standing position with your arms hanging loosely at you sides, flex, extend, and rotate each of the following joints:</p> <ul style="list-style-type: none"> • Fingers • Wrist • Elbows • Shoulders • Neck • Trunk and shoulder blades • Hips • Knees • Ankles • Feet and toes 	<p>Resistance Bands (Dynamic Stretching) Neck Mobility Bent Over Rows Alternate Lying Chest Press (On Floor) Bicep Curls Lateral rows Triceps' Extensions Side Twists Diagonal Wood Chops Squats Side Lunges Toe Points</p> <p>Individual Stretching</p> <p>3 min pulse Raiser (Jog/Sprint)</p>	

	7 Min Pulse Raiser (Jog/Game)	
3	Individual Warm Up – To include Joint Rotation, Pulse raiser, Dynamic and Static Stretching, Pulse Raiser and Finish with Pads.	

KEY TO TRAINING SCHEDULES: **SKILLS DEVELOPMENT SESSIONS (PARTNERWORK AND DRILLS)**

SESSION NUMBER	SKILL SESSION DETAILS	NOTES
1	3 x 3 Skip (Tempo) 1 – Whistle Blasts (Tempo 1 – 4) 2 – Tricks (Flare) 3 – No 1 and 2 Combined Tech Spar 20 Minutes working on varied defences, straight shots, counters, basic boxing.	Tempo 1 – 50% Tempo 2 – 60% Tempo 3 – 70 – 80% Tempo 4 – 100%

KEY TO TRAINING SCHEDULES: **SPARRING SESSIONS**

SESSION NUMBER	SPARRING SESSION DETAILS	NOTES
1	3x1 Pads (Continuation Warm Up) Open Spar 4 x 2 Minute Rounds 1 x Minute Recovery between rounds. 1 x Ton Up to finish off with. <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Ton Up</p> <ol style="list-style-type: none"> 1. Press Ups 2. Half Sits 3. Knees to Chest 4. Boxer Press Ups 5. Crunches </div> <div style="text-align: center;"> <ol style="list-style-type: none"> 6. Burpees 7. Close Arm Press Ups 8. Punch sit Ups 9. Star Jumps 10. Burpee Press </div> </div>	Working on everything worked on close to competition as possible.
2	3x1 Reaction Pads (Continuation Warm Up) Open Spar 4 x 2 Minute Rounds 1 x Minute Recovery between rounds. 4 x 2 Skip (Loosen off)	Sparring working on KISS (Keep It Simple Stupid).

KEY TO TRAINING SCHEDULES: **CIRCUIT TRAINING**

SESSION NUMBER	CIRCUIT DETAILS			NOTES
1	Jog ½ Ton Up			Jog 30 Meters and complete 5 reps of each exercise.
2	<p>Pyramid Circuit 10 x Press ups 10 x Sit ups 10 x Squats 10 x Reverse Dips 10 x V Sits 10 x Squat Thrusts 1 Min Rest 6 x P-Ups 6 x Sit Ups 6 x Squats 6 x Reverse Dips</p>	<p>6 x V Sits 6 x Squat Thrusts 1 Min Rest 2 x P-Ups 2 x Sit Ups 2 x Squats 2 x Reverse Dips 2 x V Sits 2 x Squat Thrusts 1 Min Rest 4 x P-Ups 4 x Sit Ups</p>	<p>4 x Squats 4 x Reverse Dips 4 x V Sits 4 x Squat Thrusts 1 Min Rest 10 x P-Ups 10 x Sit Ups 10 x Squats 10 x Reverse Dips 10 x V Sits 10 x Squat Thrusts</p>	All exercises are to be done with quality and speed.

KEY TO TRAINING SCHEDULES: **RUNNING FOR CONDITIONING**

RUN NUMBER	RUN DETAILS	NOTES
1	Buller Run is 3 Mile. This run is a Steady State run at 70-80% effort.	
2	Gun Hill is approximately 100m long at a 20 degree angle Start at top of Gun Hill and jog/walk down Once at bottom you Sprint to the top 100% Recovery is the jog/walk down to bottom 6 x Sprints are completed.	
3	Track Best Effort 1x400 M 30 Sec Recovery 3x200 M 20 Sec Recovery between runs 4x100 M 10 Sec Recovery between runs	
4	Queens Ave Lampposts Interval Run Roughly a 1 Mile Straight road that runs past Gym with lampposts set roughly 50m apart Jog to the 1 st lamppost sprint to the 2 nd jog to the 3 rd and sprint to the 4 th and so on. Carry on doing this until you reach the top of the road cross over and repeat on way back down, the whole run is roughly 2 Miles.	

KEY TO TRAINING SCHEDULES: **WEIGHT TRAINING**

SESSION NUMBER	WEIGHT TRAINING SESSION DETAILS	NOTES
1	<p style="text-align: center;"><u>1.Chest</u> Decline Bench Press (30-40 degree angle.) X 5 Reps: 3 sets_</p> <p style="text-align: center;"><u>2.Biceps</u></p>	<p style="text-align: center;"><u>5.Lower Back</u> Lying Hyper Extensions (superman's) X 10 reps:</p> <p>All weight is 75-80% 1 Rep Max, Speed is essential</p>

	<p>Bar Curl X 5 Reps: 3 sets.</p> <p>3.Triceps Lying Dumb Bell Extension X 5 reps: 3 sets</p> <p>4.Shoulders Dumb Bell Press X 5 reps: 3 sets</p>	<p>3 sets</p> <p>6.Upper Back Dumb Bell Pull-Over X 10 reps: 3 sets</p> <p>7.Quads Squats X15 reps: 3 sets</p>	
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KEY TO TRAINING SCHEDULES: FLEXIBILITY / STRETCHING SESSIONS

SESSION NUMBER	FLEXIBILITY / STRETCHING SESSION DETAILS	NOTES
1	<p>With Swiss Ball 3 Minutes Mobility. Outstretched walk, swinging arms across body with rotation of hips and shoulders. Control breathing; bring heart rate and core temperature down. 10 -12 Minutes Static Stretching to include:</p> <ol style="list-style-type: none"> 1. Shoulder Stretch 2. Chest Stretch 3. Kneeling Back Stretch 4. Glute Stretch 5. Hip Stretch 6. Quad stretch 7. Hamstring Stretch 	Each stretch should be held for 20-25 Secs.
2	<p>3 Minutes Mobility. Outstretched walk, swinging arms across body with rotation of hips and shoulders. Control breathing; bring heart rate and core temperature down. 10 -12 Minutes Static Stretching to include:</p> <ol style="list-style-type: none"> 1. Neck 2. Shoulders 3. Back 4. Chest 5. Glutes 6. Hip 7. Quadriceps 8. Inner Thigh 9. Hamstrings 10. Calves 	Each stretch should be held for 20-25 Secs.
3	<p>3 Minutes Mobility. Outstretched walk, swinging arms across body with rotation of hips and shoulders. Control breathing; bring heart rate and core temperature down. 10 -12 Minutes Static Stretching to include:</p> <ol style="list-style-type: none"> 5. Back 6. Chest 7. Glutes 8. Hips 	Each stretch should be held for 20-25 Secs.

	1. Neck 2. Shoulders 3. Biceps 4. Triceps	9. Quadriceps 10. Inner Thigh 11. Hamstrings 12. Calves	
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KEY TO TRAINING SCHEDULES: **CORE STABILITY SESSIONS**

SESSION NUMBER	CORE STABILITY TRAINING SESSION DETAILS		NOTES
1	<p>1. Supine Stability Intensity: Hold for 30 seconds Lie on the ball with your arms out. Make sure you keep your spine in a neutral position on the ball and you're raised.</p> <p>2. Press Up Intensity: 2 x 10 Lie prone on the ball with your hands shoulder width apart on the floor. Flex the arms, lowering your chest to the floor, while maintaining a neutral spine. Extend the arms to complete the movement.</p> <p>3. Superman Intensity: 2 x 10 on each side Lie prone on the ball with your hands and feet on the floor. Extend the opposite arm and leg. Repeat on both sides.</p> <p>4. Chest Press</p>	<p>6. Dorsal Raise Intensity: 3 x 10 Lie prone on the ball with your feet flat against the wall. Move your feet further apart on the wall for more balance. Place your hands in the small of your back and raise your upper body by flexing at the hips. Hold position for two seconds before returning to starting position.</p> <p>7. Triceps Dip Intensity: 3 x 8 Keeping your feet flat on the ground rest your hand on the ball as shown. Keeping the elbows still lower the backside to the floor. Then extend the arms to complete the exercise.</p> <p>8. Abdominal Crunch Intensity: 3 x 10 Sit on the stability ball with your hands crossed over your chest. Keep your toes</p>	All exercises are with Swiss Ball.

	<p>Intensity: 3 x 10 Lie with back on the stability ball holding the dumbbells just above the chest. Extend the arms and bring the dumbbells together.</p> <p>5. Bridge Raise Intensity: 3 x 10 Lie with back on the mat with your hands flat on the floor with your heels on the ball. Raise your backside off the mat and push your hips up. Hold for two seconds before slowly lowering the backside to the starting position.</p>	<p>pressed against the wall. Extend at the hips and slowly bend back towards the floor. Adjust your sitting position on the ball to change the difficulty.</p>	
2	<p>1. Prone Stability Intensity: Hold for 30 seconds Position yourself prone on the ball with the hands shoulder width apart maintaining a neutral spine</p> <p>2. Shoulder Press Intensity: 3 x 10 Sit on the stability ball and hold the dumbbells so your upper arms are level with your shoulders. Extend the arms and raise the dumbbells over your head.</p> <p>3. See-Saw Intensity: 2 x 10 Lie prone on the ball with your hands shoulder width apart. Raise the legs and then extend the arms and return to the starting position.</p> <p>4. Lateral Raise Intensity: 2 x 10 Sit on the stability ball and raise the dumbbells with straight arms so the dumbbells are approximately level with your shoulders. Lower slowly back to starting position.</p>	<p>5. Roll Away Intensity: 3 x 10 Kneel upright behind the ball with your hands on the top. Roll the ball away slowly keeping your body in alignment.</p> <p>6. Pull Over Intensity: 3 x 10 Lie with back on the stability ball keeping your hips up. Hold the dumbbell vertically and extend your shoulders moving the dumbbell behind your head. Pull your arms over and return to the starting position.</p> <p>7. Single-Leg Plank Intensity: 60 seconds Lie prone on the ball with your hands shoulder width apart on the floor. Raise one foot off the ball and hold the position.</p> <p>8. Kneeling Balance Intensity: 30 seconds Stand on the floor with the stability ball at your feet and your hands on the ball. Slowly kneel onto the ball with your feet off the ground. When you have achieved a balance position slowly take your hands off the ball.</p>	All exercises are with Swiss Ball.

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KEY TO TRAINING SCHEDULES: **PUNCHBAG AND SHADOW BOXING WORK**

SESSION NUMBER	PUNCHBAG / SHADOW BOXING TRAINING SESSION DETAILS	NOTES
1	4 x 2 Shadow (With Weights 1KG) <ol style="list-style-type: none"> 1. 1 Minute with weights 1 Minute without (Both hands at same time Left, Right, Forward, Backward) 2. 1 Minute with weights 1 Minute without (No's 1 = Single Shots 2 = Combinations 3 = Double attacks 4 = 2 Phases with Angles) 3. 1 Minute with weights 1 Minute without (As 1 without both hands and 2) 4. 1 Minute with weights 1 Minute without (Individual Flare) 	

KEY TO TRAINING SCHEDULES: **PADWORK**

SESSION NUMBER	PADWORK TRAINING SESSION DETAILS	NOTES	
1	Repetition Drills 4 x 2 Minutes Round 1 DJBH, Push BH(B) 1 Minute – DJBH 30 Sec Rest 1 Minute – DJBH Push BH(B)	Round 3 DJBH Step BH, Jab 1 Minute – DJBH Step 30 Sec Rest 1 Minute – DJBH Step BH, Jab Round 4 1,2 Step BH(B) LH(H) BH(H)	(H) = Head (B) = Body 1 Minute Rest Between Rounds

	Round 2 1,2 Layback Jab 1 Minute – 1,2 Layback 30 Sec Rest 1 Minute – 1,2 Layback Jab	1 Minute – 1,2 Step BH(B) 30 Sec Rest 1 Minute – 1,2 Step BH(B) LH(H) BH(H)	
2	4 x2 Conditioning Pads (Bringing everything together) Round 1 – Everything starts with Jab. Round 2 – Everything finishes with Jab. Round 3 – Phases and Angles. Round 4 – Mix of all 3 above 1 Minutes rest between rounds.		
3	Shadow 4 x 2 (Continuation Warm Up) Pad Shuttles 4 x 2 Line 1 – DJBH Line 2 – 1,2 Step BH Line – 3 HBH Line – 4 DJBH, LH, BH 4 x 2 Skip (Loosen Off)		4 Lines 10 Meters apart. 1 Minute rest between rounds.