

Annex A - Weekly Training Programmes

Weekly Training Programme – Week 1

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon	3 Mile Steady State	Breakfast	Rest	Lunch	4 x 2 Pad Shuttles 2 x Ton Ups	
Tue	1.5 Mile Timed Core Stability	Breakfast	Tech Clinic Foot Work Straight Shots (Basics)	Lunch	Tech Spar (Basics, Straights Shots, Footwork)	
Wed	Rest	Breakfast	All Round Body Circuit	Lunch	Rest	
Thu	4 Mile Steady State	Breakfast	Skill Drills (Basics)	Lunch	Tech Spar (Basics, Straights Shots, Footwork)	
Fri	2 Mile Steady State Core Stability	Breakfast	4 x 2 Equip Themed 4 x 2 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	3 Mile Steady State	Breakfast	Tech Pads, Straight Shots, Footwork	Lunch	All Round Body Circuit	
Tue	MSFT Core Stability	Breakfast	Tech Clinic Defence, Counters	Lunch	Tech Spar (Defence, Counters, Straights Shots, Footwork)	
Wed	Rest	Breakfast	Weights Circuit	Lunch	Rest	
Thu	3.5 Mile Steady State	Breakfast	Rest	Lunch	3 x 1 Pads Conditioned Spar 4 x 2s 2 x ½ Ton Up	
Fri	Intervals Core Stability	Breakfast	4 x 2 Skip 4 x 2 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	3.5 Mile Steady State	Breakfast	Rest	Lunch	4 x 2 Shadow (Themed) 6 x 2 Equip (Themed) 4 x 2 Skip (Themed)	
Tue	Gun Hill Middle Hill x 2 Core Stability	Breakfast	Tech Clinic Feints, Drawing, Drifts	Lunch	3 x 1 Pads Open Spar 4 x 2 Flexibility	
Wed	Rest	Breakfast	All Round Body Circuit	Lunch	Rest	
Thu	Rugby Pitch 3 x 1 Laps Sprint L&W Core Stability	Breakfast	Rest	Lunch	3 x 1 Pads Open Spar 4 x 2s 5 Min Tech Pads 4 x 2 Skip	
Fri	Lamp post Intervals Core Stability	Breakfast	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	3 Mile Steady State	Breakfast	4 x 2 Skip (Tempo) Tech Spar Defence, Counters, Feints, Drifts 4 x 2 Shadow (With Weights)	Lunch	4 x 2 Pads Conditioning 1 x Jog Ton Up	
Tue	Hill 6 x Sprints Core Stability	Breakfast	Rest	Lunch	3 x 1 Pads Open Spar 4 x 2 Ton Up	
Wed	Pad Shuttles 4 x 2 4 x 2 Shadow 4 x 2 Skip	Breakfast	All Round Body Circuit	Lunch	Rest	
Thu	Track 1 x 400, 3 x 200, 4 x 100, Core Stability	Breakfast	Repetition Drills 4 x 2	Lunch	3 x 1 Pads Open Spar 4 x 2 4 x 2 Skip	
Fri	Lamp post Intervals Core Stability	Breakfast	Weights Circuit	Lunch	Rest	
Sat	Rest Day					Own Run Weight Dependant
Sun	Rest Day					Own Run Weight Dependant

Weekly Training Programme – Week 5

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon	1.5 Mile Timed Run	Breakfast	Rest	Lunch	4 x 2 Pads Conditioning 1 x Jog ½ Ton Up	
Tue	3 Mile Steady State Core Stability	Breakfast	Rest	Lunch	3 x 1 Pads Open Spar 4 x 2 3 x 2 Shadow	
Wed	Track 15 on 15 off 4 x 2	Breakfast	Equip 8 x 1 (Tempos) 2 x ½ Ton Up	Lunch	Rest	
Thu	Rest	Breakfast	4 x 2 Shadow 4 x 2 Skip (Tempos)	Lunch	3 x 1 Pads Open Spar 4 x 2 4 x 2 Skip	
Fri	Track 4 x 2 Sustained Core Stability	Breakfast	6 x 1 Reaction Pads 3 x 15 sec Bursts	Lunch	Rest	
Sat	Rest Day					Own Run Weight Dependant
Sun	Rest Day					Own Run Weight Dependant

Weekly Training Programme – Week 6

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon	Track 6 x 60 m	Breakfast	Rest	Lunch	6 x 1 Reaction Pads 3 x 10 sec Bursts	
Tue	Own Run Weight Dependant	Breakfast	Rest	Lunch	Sharpening Pads	
Wed	Rest	Breakfast	Rest	Lunch	Rest	
Thu	Rest	Breakfast	Rest	Lunch	Rest / Travel	
Fri	Rest	Breakfast	Rest	Lunch	Rest	
Sat	Rest Day					
Sun	Rest Day					