

Annex B - Training Schedules

Club: RNBA / ARMY / RAF

Boxers Name:

Coaches Name:

Day / Date	Training Focus, Objectives and outline of activities to be undertaken	Notes
Monday	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	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	Warm Up – Session 2 Pad Work – Session 3 Flex – Session 2	
	Warm Up – Session 2 Circuit – Session 2 Flex – Session 3	
Thursday	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	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 Ups

Session	Warm Up Details		Notes
1	Joint Rotation From a standing position with your arms hanging loosely at your sides, flex, extend, and rotate each of the following joints: Fingers Wrist Elbows Shoulders Neck Trunk and shoulder blades Hips Knees Ankles Feet and toes 7 Min Pulse Raiser (Jog/Game)	Dynamic Stretching <ul style="list-style-type: none"> • Neck Mobility • Shoulder Circles • Arm Swings • Side Bends • Hip Circles & Twists • Half Squats • Leg Swings • Cross Body Leg Swings • Lunges • Double Leg Bounce • Individual Stretching 3 min pulse Raiser (Jog/Sprint)	
2	Joint Rotation From a standing position with your arms hanging loosely at your sides, flex, extend, and rotate each of the following joints: <ul style="list-style-type: none"> • Fingers • Wrist • Elbows • Shoulders • Neck • Trunk and shoulder blades • Hips • Knees • Ankles • Feet and toes 7 Min Pulse Raiser (Jog/Game)	Resistance Bands (Dynamic Stretching) <ul style="list-style-type: none"> • 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 • Individual Stretching 3 min pulse Raiser (Jog/Sprint)	
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 (Partner-work and Drills)

Session	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	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.		Working on everything worked on close to competition as possible.
	<div>Ton Up</div> <div><div><div>1. Press Ups</div><div>2. Half Sits</div><div>3. Knees to Chest</div><div>4. Boxer Press Ups</div><div>5. Crunches</div></div><div><div>6. Burpees</div><div>7. Close Arm Press Ups</div><div>8. Punch sit Ups</div><div>9. Star Jumps</div><div>10. Burpee Press</div></div></div>		
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	Circuit Details			Notes
1	Jog ½ Ton Up			Jog 30 Meters and complete 5 reps of each exercise.
	1. Press Ups 2. Half Sits 3. Knees to Chest 4. Boxer Press Ups 5. Crunches	6. Burpees 7. Close Arm Press Ups 8. Punch sit Ups 9. Star Jumps 10. Burpee Press		
2	<u>Pyramid Circuit</u> 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	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	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	All exercises are to be done with quality and speed.

Key to Training Schedules: Running for Conditioning

Run	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	Weight Training Session Details	Notes
1	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><u>1.Chest</u> Decline Bench Press (30-40-degree angle.) X 5 Reps: 3 sets_</p> <p><u>2.Biceps</u> Bar Curl X 5 Reps: 3 sets.</p> <p><u>3.Triceps</u> Lying Dumb Bell Extension X 5 reps: 3 sets</p> <p><u>4.Shoulders</u> Dumb Bell Press X 5 reps: 3 sets</p> </div> <div style="width: 45%;"> <p><u>5.Lower Back</u> Lying Hyper Extensions (superman's) X 10 reps: 3 sets</p> <p><u>6.Upper Back</u> Dumb Bell Pull-Over X 10 reps: 3 sets</p> <p><u>7.Quads</u> Squats X15 reps: 3 sets</p> </div> </div>	All weight is 75-80% 1 Rep Max, Speed is essential

Key to training Schedules: Flexibility / Stretching Sessions

Session	Flexibility / Stretching Sessions Details		Notes
1	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: <ol style="list-style-type: none"> 1. Shoulder Stretch 2. Chest Stretch 3. Kneeling Back Stretch 	<ol style="list-style-type: none"> 4. Glute Stretch 5. Hip Stretch 6. Quad stretch 7. Hamstring Stretch 	Each stretch should be held for 20-25 Secs.
2	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: <ol style="list-style-type: none"> 1. Neck 2. Shoulders 3. Back 4. Chest 	<ol style="list-style-type: none"> 5. Glutes 6. Hip 7. Quadriceps 8. Inner Thigh 9. Hamstrings 10. Calves 	Each stretch should be held for 20-25 Secs.
3	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: <ol style="list-style-type: none"> 1. Neck 2. Shoulders 3. Biceps 4. Triceps 	<ol style="list-style-type: none"> 5. Back 6. Chest 7. Glutes 8. Hips 9. Quadriceps 10. Inner Thigh 11. Hamstrings 12. Calves 	Each stretch should be held for 20-25 Secs.

Key to Training Schedules: Core Stability Session

Session	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 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>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 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>	All exercises are with Swiss Ball.
2	<p>1. Prone Stability Intensity: Hold for 30 seconds</p>	<p>5. Roll Away Intensity: 3 x 10</p>	All exercises are with Swiss Ball.

	<p>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>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 1 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>	
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Key to Training Schedules: Punchbag and Shadow Boxing Work

Session	Punchbag / Shadow Boxing Training Session Details	Notes
1	4 x 2 Shadow (With Weights 1KG) 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	Padwork Training Session Details	Notes
1	<p>Repetition Drills 4 x 2 Minutes</p> <p>Round 1 DJBH, Push BH(B) 1 Minute – DJBH 30 Sec Rest 1 Minute – DJBH Push BH(B)</p> <p>Round 2 1,2 Layback Jab 1 Minute – 1,2 Layback 30 Sec Rest 1 Minute – 1,2 Layback Jab</p> <p>Round 3 DJBH Step BH, Jab 1 Minute – DJBH Step 30 Sec Rest 1 Minute – DJBH Step BH, Jab</p> <p>Round 4 1,2 Step BH(B) LH(H) BH(H) 1 Minute – 1,2 Step BH(B) 30 Sec Rest 1 Minute – 1,2 Step BH(B) LH(H) BH(H)</p>	<p>(H) = Head (B) = Body 1 Minute Rest Between Rounds</p>
2	<p>4 x2 Conditioning Pads (Bringing everything together)</p> <p>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.</p>	
3	<p>Shadow 4 x 2 (Continuation Warm Up)</p> <p>Pad Shuttles 4 x 2</p> <p>Line 1 – DJBH Line 2 – 1,2 Step BH Line – 3 HBH Line – 4 DJBH, LH, BH 4 x 2 Skip (Loosen Off)</p>	<p>4 Lines 10 Meters apart. 1 Minute rest between rounds.</p>