

Training plan for Unleashing the boxing champion

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What is boxing

- Boxing is a combat sport, that require a high level of cardiorespiratory fitness and anaerobic power output. Muscle strength in both the upper and lower limbs is paramount for a fighter's victory and is one of the keys to success in boxing. As boxing punches are brief actions and very dynamic, high-level boxing performance requires well-developed muscle power in both the upper and lower limbs (Chaabène et al., 2015)



Goals:

- Speed;
- Aerobic and anaerobic endurance;
- Strength;
- Power.

From zero to hero

- I will be working with amateur boxers, which are taking every opportunity to have a fight. So They can collect wins and reach new level in their carrier.
- They will be fighting every month, so I'll use 1 Meso cycle which will contain 4 Micro cycles of training.



3 weeks of micro cycles:

Monday	warm up and technique/combination/foot work drills, cool down ;
Tuesday	Running warm up, sprints and cross, cooldown
Wednesday	Day off, active rest (jogging, team games, swimming, cycling)
Thursday	Warm up, sparring session, cool down
Friday	Warm up and HIIT training (type 3, to target anaerobic, o2)
Saturday	Mobility / flexibility, strength and power training
Sunday	Recovery day (massage, sauna, cryotherapy)

4th week will be easier, we will drop the training volume and let the body deload the stress and get ready for the competition

More details

- For warm up I will use dynamic agility and coordination movements (jumps, jogs, ladders work, shadow boxing, dodging and moving) 40-45 minutes.
- For cool down I will go for mobility and flexibility exercises (full body stretch) 15-20minutes.
- Technique drills for 50-60 minutes of hitting combination moving, defending and dodging.
- Warm up before running 10 mins (focusing on lower body mobilization and activation). Sprints 50 m. sprints using 50/60/70/80/90/100% of efficiency. 1 min rest between. 5 max efficiency sprints of 100m. 2-3 mins rest. 1 hours of high intensity jogging (110-160 HRB/min).
- Sparring session – 10 rounds of 2minutes sparring and one minute rest.

HIIT short intervals

Exercise	Sets	Interval	Efficiency	Rest
Punching the boxing bag	3	30sec.	90-100%	30sec.
Burpees	3	30sec.	90-100%	30sec.
Jumping lunges	3	30sec.	90-100%	30sec.
Mountain climber	3	30sec.	90-100%	30sec.

HIIT long intervals

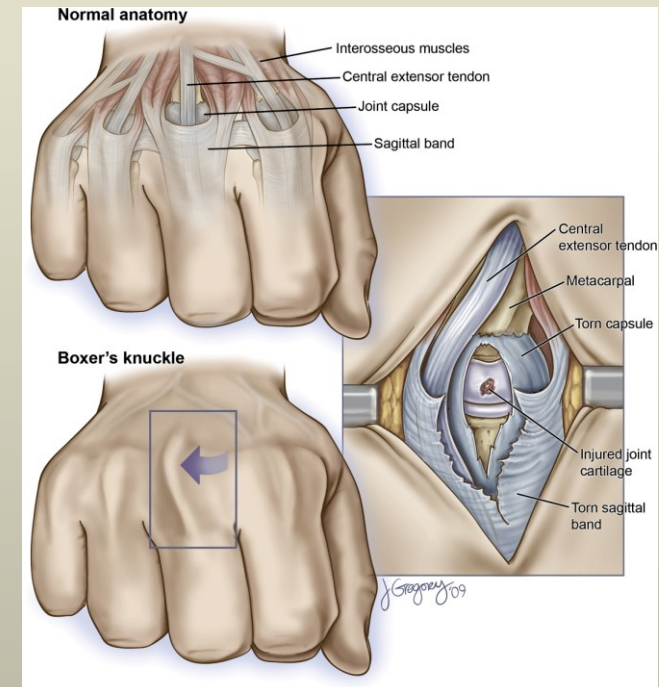
Exercise	Sets	Interval	Efficiency	Rest
Hammer tire slam	1	3mins	80%	3mins
Jumping jack	1	3mins	80%	3min
Resisted boxing	1	3mins	80%	3mins
Kettlebell swing	1	3mins	80%	3mins
3kg ball throws with squat	1	3mins	80%	3mins

Game based HIIT

Relay	Sets	Interval	Efficiency	rest
Ladder race	1	2-5mins	max	1.30-2mins
Bringing the props	1	2-5mins	Max	1.30-2mins
Punching the bag	1	2-5mins	Max	1.30-2mins
sparring	1	2-5min	max	1.30-2mins
Shadow Boxing	1	2-5mins	max	1.30-2mins

Most common injuries

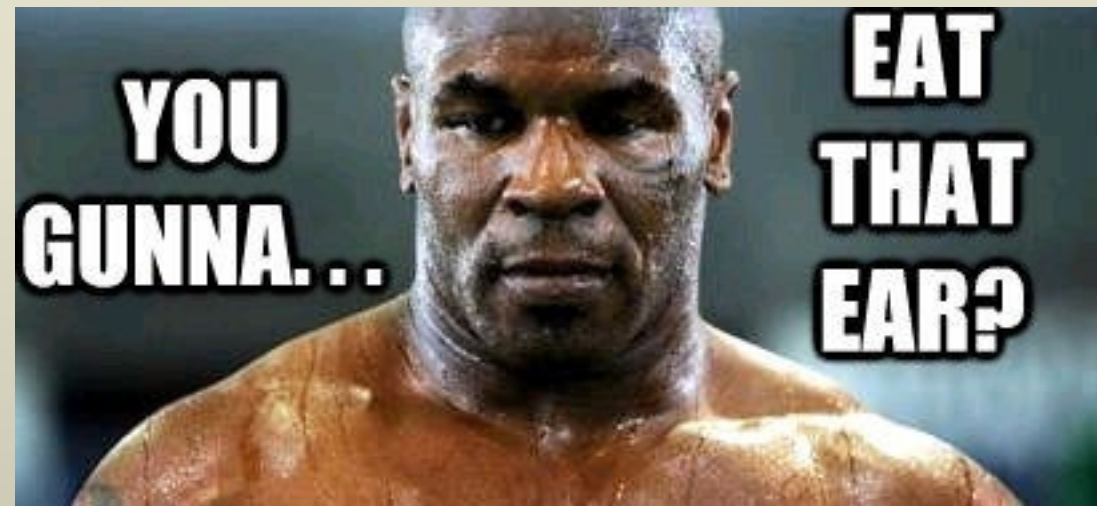
- A wide variety of hand injuries are encountered in combat sports. These are often specific to the combat and contact techniques that are unique to each sport.
- Sagittal band (boxers knuckle)
- Carpometacarpal joint dislocation
- Fractures
- (Drury, Lehman & Rayan, 2017).



Injury prevention

- Prevention of hand injury in boxing centers around 4 main concepts:
 - Hand and wrist wraps/taping;
 - Modifications of glove padding and design;
 - Proper striking technique;
 - Proper conditioning.
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- (Drury, Lehman & Rayan, 2017).

Thanks for your attention



References:

- Chaabène, H., Tabben, M., Mkaouer, B., Franchini, E., Negra, Y., Hammami, M., ... & Hachana, Y. (2015). Amateur boxing: physical and physiological attributes. *Sports medicine*, 45(3), 337-352.
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