

Please note – these are training suggestions for amateur competing boxers and should not be followed verbatim, day to day. It depends on age, ability, current fitness levels, time in your cycle, injuries and other factors. But, here are some ideas which you can pick and choose to add in to your own programme. Always involve your coach. Stretch yourself physically and mentally. Record data and diarise how you feel, how you can change in the moment/programme. Involve your coach and co-create your best fit.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b> <b>AM</b>	Aerobic capacity. Aerobic run 2-3 miles. 5-6/10 intensity	Shadow Boxing vs your hardest opponent eg 8 x 30 seconds intense. Choose tactics and commit	Timed 1km, rest, timed 1km. Note times for future comparisons, especially difference between run 1 and 2	Bag work – apply last night’s visuals to your bag work	Strength phase 5 compound lifts (deadlift. Squat, bench press, military press, pull ups)	Rest	Rest
<b>PM</b>	Warm bath or shower then full body stretch	Research how people have successfully boxed styles you struggle against	Visualisation – spend 20 minutes visualising what you look like at your best from 3 <sup>rd</sup> person perspective	Shadow spar vs as many partners as possible – virtual or live Keep social distance)	Fartlek run 2-3 miles	Rest	Rest
<b>Week 2</b> <b>AM</b>	Strength phase 5 compound lifts (deadlift. Squat, bench press, military press, pull ups)	Aerobic capacity. Aerobic run 2-3 miles. 5-6/10 intensity	Fartlek run 2-3 miles	Shadow Box vs yourself. Note down in a diary or phone how people would box against you.	Strength phase 5 compound lifts (deadlift. Squat, bench press, military press, pull ups)	Rest	Rest
<b>PM</b>	Warm bath or shower then full body stretch	Shadow Box vs yourself. Note down in a diary or phone how people would box against you.	Strength phase 5 compound lifts (deadlift. Squat, bench press, military press, pull ups)	Bag work – W.I.N What’s Important Now? Solidify your learning	What ifs? What if this happens in a bout. React to it.	Rest	Rest
<b>Week 3</b> <b>AM</b>	Strength phase 5 compound lifts (deadlift. Squat, bench press, military press, pull ups)	What ifs? What if this happens in a bout. React to it. Your ankle goes, you’re warned for holding, you’re 2 rounds down, You’ve hurt your lead hand	Intervals eg 1x800m, 2x400m, 3x200, 4x100m	Shadow Box vs yourself. Note down in a diary or phone how people would box against you.	Strength phase 5 compound lifts (deadlift. Squat, bench press, military press, pull ups)	Rest	Rest
<b>PM</b>	Recovery run – Aerobic capacity. Aerobic run 2-3 miles. 5-6/10 intensity	Bag work – W.I.N What’s Important Now? Solidify your learning	Strength phase 5 compound lifts (deadlift. Squat, bench press, military press, pull ups)	What ifs? What if this happens in a bout. React to it. Choose previous and new scenarios	Intervals eg 1x800m, 2x400m, 3x200, 4x100m	Rest	Rest
<b>Week 4</b> <b>AM</b>	Power Phase 50% 1RM (deadlift. Squat, bench press, military press, pull ups)	What ifs? What if this happens in a bout. React to it. Warned for slapping, opponent holds, taken body shot/can’t move.	Shadow Boxing vs your hardest opponent eg 8 x 30 seconds intense. Choose tactics and commit – Compare to week 1	Speed endurance run. 3x3 minutes fast as possible. Do twice for extra push! (progression to speed only next week)	Power Phase 50% 1RM (deadlift. Squat, bench press, military press, pull ups) Progress after to body weight functional eg plyometrics	Rest	Rest
<b>PM</b>	Speed endurance run. 3x3 minutes fast as possible. Do twice for extra push!	Bag work – Power shots only. Focus on punching kinetic chain – single shots.	Power Phase 50% 1RM (deadlift. Squat, bench press, military press, pull ups)	Shadow Box vs yourself. Note down in a diary or phone how people would box against you.	Bag work – Power shots only. Focus on punching kinetic chain – single shots.	Rest	Rest