

TRAINING IDEAS

Hopefully we will be back in the gym very soon, but until then here are some training ideas I have put together. This is a good chance to really focus on our strength and cardio so that we can be ready to get back to boxing as soon as that's possible. I'll keep updating this doc with more sessions, and equally feel free to add ideas to the section at the bottom. Let me know if you have any questions, and enjoy!

Running

Try to mix up longer runs, intervals and sprints sessions. Try to do 1-2 running fitness sessions a week (intervals/sprints) and then add in your longer runs. E.g. In one week you could do an intervals session, a sprints session and a couple of longer runs.

Sprints/Intervals

Warm up with a 1 mile jog then some dynamic stretching i.e. high knees, bum flicks, crossovers, side steps, strides

Cool down with a 5-10 min jog

Include foam rolling in the warmup or 2-6 hours after workout

Intervals:

1. 6 x 400m, 1 min rest
2. 6 x 600m, 1 min rest
3. 5 x 800m, 2 min rest or relaxed shadow boxing
4. 5 x 1000m, 3 min rest or relaxed shadow boxing
5. 6 x 300-500m up a hill/jog down
6. 2000m, 3 min shadow, 1000m, 3 min rest, repeat once
7. 4-6 x 4 min
8. 4 x 100m sprint/jog back to start, 3 sets with 1 min rest in between sets

9. 3 min efforts: Sprint 75m at 90%/jog 25m (For this one, find a 100m-ish straight and split into roughly 4 quarters)

10. 6-10 x 100m sprints/10 press ups/jog backwards to start (while punching if you like), 3 min rest then second set

11.

- 10 m sprint, jog recovery 10 times, 1minute rest.
- 20m sprint, jog recovery 8 times, 1minute rest.
- 40m sprint, jog recovery 6 times, 1minute rest.
- 50m sprint, jog recovery 4 times, 1minute rest.
- 100m sprint 2 times, 5 minutes rest.

Repeat sequence but work backwards starting with 100m.

12.

- 8 x 30m 15 sec rest between, (Sprint out, Jog back)
- 2 mins between each set
- Complete 3 sets

13.

- Place 4 markers 15m apart
- Starting at 1stmarker, sprint to 2ndmarker and back x2
- 3rd x2
- 4th x2
- 3rd x2
- 2nd x2
- 2 min rest then repeat above for 2 more sets
- Finish with 10*15m sprints, 10s rest between sprints

Sprints:

1. 6 x 20-30 sec sprints at 100%, 2 min rest in between sprints

2. 6 x 15 sec sprints up a hill at 100%, 2 min rest in between sprints

It's important that these sprints are done at max speed.

You can add an extra rep every couple of weeks.

Start stop acceleration/deceleration session:

- 1) Accelerate to 75% speed over 20m slow down to almost a stop as soon as possible over 5m then accelerate @75% over 20m, slow down to almost a stop as soon as possible 5m then accelerate @75% over 20m. Walk back to start for rest.
- 2) Accelerate to 85% speed over 20m slow down to almost a stop as soon as possible over 5m then accelerate @85% over 20m, slow down to almost a stop as soon as possible 5m then accelerate @85% over 20m. Walk back to start for rest.
- 3) Accelerate to 90% speed over 20m slow down to almost a stop as soon as possible over 5m then accelerate @90% over 20m, slow down to almost a stop as soon as possible 5m then accelerate @90% over 20m. Walk back to start for rest.
- 4) Accelerate to 95% speed over 20m slow down to almost a stop as soon as possible over 5m then accelerate @95% over 20m, slow down to almost a stop as soon as possible 5m then accelerate @95% over 20m. Walk back to start for 4min rest and repeat.

Strength

Aim for 3 strength sessions per week

Lifts (if you can find something to lift)

Deadlifts/single leg deadlift/Romanian deadlifts

Squats/pistol squats/Bulgarian split squats/squat jumps

Lunges/jump lunges

Floor press/bench press

Shoulder press

Bent over rows/one arm rows

Power clean

Power snatch

- You can do most of these using dumbbells, kettlebell, or any inventive solutions (e.g. books in a backpack). I know most of us don't have any equipment so just do what you can with what you have!
- 3-8 reps x 3-4 sets on each each exercise
- Overload each week by increasing the load, adding reps, slowing the eccentric or decreasing rest (but still keep enough rest to do the movements properly)
- You can superset exercises that work opposite muscle groups

Sandbag Sessions

Sand Bag Strength Session		Sets	Reps	Tempo	Technique
1	Sand Bag Ground to Over Shoulder	5	3/3 ES	N/a	Start with hands under the sandbag and low hips, triple extend and throw over alternate shoulders
2	Sand Bag Clean	5	5	N/a	Start with hands under the sandbag and low hips, triple extend and catch with hips back
3	Sand Bag Front Loaded Squat	5	5	3-0-1	Use a Zercher hold (interlock arms, around the sandbag which is in contact with belly)
4	Sand Bag Front Loaded RDL	5	5	3-0-1	Use a Zercher hold (interlock arms, around the sandbag which is in contact with belly)
5	Sand Bag Floor Press	5	5	3-0-1	Stop dead with elbows on floor, keep heels, shoulder blades and butt in contact with the floor throughout lift
6	One Shoulder Loaded Sandbag Lunge	5	5/5 ES	3-0-1	Clean Sandbag to shoulder, brace belly and put opposite arm out to side, alternate 5 lunges on each leg, and then swap sides.

Lactate Threshold Examples		This is high heart rate continuous or interval work, what you would think of as a typical crossfit WOD, aim to complete these as fast as possible, do 1-2 in a session.
1	15reps down to 1 Sandbag Clean, Burpee over sandbag	
2	15 Reps Down to 1 Sand bag Push Press, Jump Squats, Sandbag Thrusters	
3	21/15/9 Sandbag Clean and Burpee over bag	
4	12/9/6/9/12 Sandbag Slams, Press Ups, Tuck Jumps over Bag	
5	Alternating 10 min EMOM, 50m Sandbag Carry, 20 Burpees	



Bodyweight

Pull ups/chin ups

Dips (can use two high chairs)

- 4 sets of 4-8 reps, add weight if you can do 10+ reps, use a resistance band for assisted pull ups
- If you can't yet do 1 rep there are various exercises you can do to build the strength e.g. dead hang, hanging leg raises, hold at the top for 10 seconds, eccentrics

Push ups:

Normal/Wide grip/Closed grip/Spiderman/Uneven (e.g. with med ball)/One arm/Plyometric (jump/clap)/T press-up/One leg/Pike/Inchworm/Decline (feet elevated)/Slow negative

- Chose 2-3 variations and do 3*10-40 of each with 1 min rest in between sets
- Overload by increasing number of reps, doing a harder variations or adding weigh

- Example progression: Normal → Elbows in → Diamond → Uneven → Decline → Decline elbows in → Decline diamond → Wall one arm → Incline one arm → One arm → Decline one arm → Planche!! (if you can do this you're pretty cool)

Core:

Planks/Side planks/rotational planks

Hollow hold

Pallof press – can use resistance bands

Oblique twists with kettlebell (leave feet on ground if using heavy kettlebell)

High plank with kettlebell/dumbbell drag through

More core exercises and core circuits below

- Include 2-4 core exercises or a core circuit in every strength session

Plyometrics

Standing long jump

Bounds

Lateral bounds

Box jumps

Depth jumps

Explosive step ups

Plyometric press ups

Toes touches

- Chose 3-4 exercises and do 5*5 reps roughly, but do less reps/sets if you feel like you're getting fatigued
- 2 mins rest between each set – you should be recovered between sets
- These exercises have to be performed explosively. Do them at the start of your workout straight after your warm up so that you are fresh

Med Ball

Rotation punch throw

Two arm chest pass

Side throw

Overhead throw

Backwards throw

Press ups with one hand on ball

Slams

- Pick 3 exercises and do 3*10 of each exercise (on each side if one-sided)
- 30 sec rest in between sets and 1 min rest in between exercises

- These are also explosive exercises so do them at the start of your workout ideally.

Structuring the session

I'm no expert here but this is how Duncan and Tiahan told me to structure my strength sessions:

1. Warm up
2. Plyometrics/med ball/explosive
3. Most difficult → easiest lifts (roughly 3-4 exercises in a session; pull ups in this section)
4. Bodyweight exercises
5. Core exercises

Plan out 3 weekly sessions and progress each week by overloading in any of the ways I mentioned.

You can superset exercises that work opposite muscle groups.

If you don't feel like planning your own sessions you can also find tons of good ones on the Blues Performance Scheme fb group, where they are posting a workout every day (if you need to be added, message me).

Circuits

Warm up with Rachel W's warm up (below).

Circuit 1

Mark out roughly 30m.

30 sec on then side step shuffles for 30m *8 exercises (from Rachel W's list below). Repeat 4 more times, swapping out side step shuffles for standing long jump, high skips, bear crawls, high knees

Circuit 2

From Katie Taylor's insta lol so you can watch a video there 20:10 (on:off). Do 3-4 times.

1. Squats
2. Punch outs
3. Lunges
4. Press ups
5. Left hop punches
6. Right hop punches
7. Tricep dips
8. Tuck jumps
9. Butterfly kicks
10. Fast feet shuffle
11. Plank press (High-to-low)
12. Squat punches
13. Slips
14. High knees
15. 1-2 in & outs
16. Standing long jumps

Circuit 3

Another Katie Taylor one

5*2 min, 1 min rest, +Abs. Do 3 times.

NB. The 30 secs punching should be fast

Round 1:

- Press Ups 30 secs
- Straight punches 30 secs
- Squat jumps 30 sec
- Straight punches 30 secs

Round 2:

- Burpees
- Hooks
- Split jumps
- Hooks

Round 3:

- Mountain climbers
- Body punches
- Ankle hops
- Body punches

Round 4:

- Jumping jacks
- All in punches
- Step ups
- All-in punches

Round 5:

- Squat thrusts
- Defensive movement
- Squat punches
- Defensive movement

Abs:

- 20 sit ups
- 20 crunches
- 20 side to side crunches
- 30 sec plank

Circuit 4

20:10, 1 min rest. Do 5-8 times.

1. Burpees
2. Mountain climbers
3. Press-ups
4. Squat jumps
5. Squat thrusts
6. Sit-ups
7. Sprints/jog back (20m)

Circuit 5

Each exercise for 30s the 1 min shadow before going into the next round. Then 1 min rest and repeat twice.

Round 1 = Burpees

- Chest to floor
- Gorilla
- Normal
- Single leg with skater hop

Round 2 = Squats

- Air squats
- Squat hold
- Squat pumps
- Squat jumps

Round 3 = Core

- Warrior sit ups
- Mountain climbers
- Plank
- Plank press (high-to-low)

Circuit 6

2 minute rounds of continuous work. 45s rest between round.

- Round 1. 3* burpees, 3* squat jumps
- Round 2. 3* press ups, 10* mountain climbers
- Round 3. 3*squat jumps, 10* high knees
- Round 4. 5* situps, 5* leg raises, 5* crunches

That's 1 set. Do 3-4 sets with 2 min rest between sets.

Circuit 7

3 minute rounds, 20s on:10s off continuous. 1 min rest between rounds

- Round 1. Burpees
- Round 2. Lunge jumps
- Round 3. Mountain climbers
- Round 4. Squat jumps

That's 1 set. Do 3-4 sets with 2 min rest between sets

Circuit 8

You will need a tyre and a make-shift bag e.g. hanging tyre, pillow on tree, pad on tree
Each circuit has 3 1 min exercises that you cycle through 3 times to make a 9 min circuit. 3 rounds with 2 min rest between rounds.

Round 1:

- Continuous punching on bag

- Ickey shuffle in and out of tyre (same concept as on the ladders)
- 4 burpees/4 E.S. high knees

Round 2:

- 10 straight punches/4 burpees
- Toe touches on tyre
- 3 press ups/10 E.S. mountain climbers

Round 3:

- 4 straight punches to the head/4 straight punches to the body
- <https://www.youtube.com/watch?v=zAaZPHZI81U> on the tyre
- Plank with arm raises (5 sec E.S.)

Circuit 9

Each exercise for 1 minute with no rest. 3-4 rounds, with 1-2 min rest between rounds.

1. Speed punching
2. High knees
3. Jump squat with punches in the air
4. Jumping jacks
5. Burpees
6. Mountain climbers
7. Press ups
8. Crunches

Core circuit

3*3 min rounds of each exercise for 30s, 30s-1 min rest between rounds

You can substitute for different core exercises each time (from Rachel W's list below)

1. Press ups
2. Warrior sit ups
3. Bicycle crunches
4. High plank
5. Elbow plank

Circuits from Rachel W

Warm Up

Downward facing dog – cobra – child's pose – pigeon x5

Reverse Lunges x4e/s

Forward Lunge with rotations x4e/s

Lateral Lunge w floor swipe 4xe/s

Wide Air squats x8

Narrow Air Squats x8

Pogo jumps x12

Lateral hop and hold both sides 6e/s

Press-up complex (various hand width) 5-10

Main Session

30s:10s (on:off) x 8 exercises, rest 1 min and repeat 4-5x

Progress by increasing the on time by 10s and/or decreasing the rest between repeats by 10s each week

Choose and make your own, but use the format of:

- Upper body (UB)
- Lower body (LB)
- Core
- Full Body (FB)

Great video for plank variations: <https://www.youtube.com/watch?v=nDNOZCoBFgg>

Press-up variations: <https://www.youtube.com/watch?v=tccdbY5xcf4>:

<http://greatist.com/fitness/bodyweight-push-up-variations>

Exercises

Lower Body:

Squat jumps

Skater squats (Similar to pistols, but leg goes backward) these are great for knee stability

Lateral lunges

Reverse lunges

Lateral jumps

Standing long jump

Single leg hip bridge

Jump lunges

Pistol squats are awesome for developing leg power, strength and stability. Definitely progress these to start with.

Groiners

Upper Body:

Dips on a chair

Press Up (Variation)

V-press ups (have your feet higher than your hands, (x-over btwn a press-up and a handstand press))

Close grip press-ups

Spiderman walks w press up

10 sec low press up holds

Core:

V-sits

Sit ups, and variations

Hollow Holds

Deadbugs

Aleknas

Plank Reach

Bicycles

Leg flutters

Plank hand to shoulder taps

100's

Back extension iso holds

Side plank variation

Knee rolls

Pull the rope

Oblique twists

Ab rollers

Alternating leg with ball pass

Full Body:

Tuck Jumps

Mountain climbers
 Burpees
 Bear Crawls (Fwd, Reverse, lateral)
 Bounds
 Med ball slams
 Step ups

Week 1 example:

Body Component:	UB	LB	Core	FB	UB	LB	Core	FB
Exercise:	Dips	Squat Jump	Hollow holds	Burpees	Close Grip Press up	Lateral Lunge	Plank hand-shoulder tap	Bear Crawl

That's one round, rest, then repeat x5-6.

Week 2 example:

Body Component:	UB	LB	Core	FB	UB	LB	Core	FB
Exercise:	Press Up w 1sec pause	Alternating Pistol Squats	Leg flutters	Mountain Climbers	Close grip Press Up	Reverse Lunges	Side Plank Variation	Tuck Jumps

That's one round, rest, then repeat x5-6.

Other

Keep up your **skipping**...it's a good time to learn some tricks too!

Shadow boxing – choose something specific to think about each round or just freestyle.

Follow some boxing insta accounts and you'll find some fun drills to do if you get bored and feel like shaking it up.

Resources

Use the Blues Performance Scheme fb group – they are posting daily workouts, and most of them are strength sessions so would definitely recommend. If you aren't on the group yet just message me and I'll add you.

Insta:

boxingscience, Wilson_boxingscience – both good S&C stuff

Boxeojosh

iamoriance

Lukebaden - lots of workouts with dumbbell/kettlebell/bodyweight only