Preparatory phase

PERIODIZATION

Name of the training plan

Duration of the plan Type of meso cycle

- Number of miles
- Number of micro cycle Training hour per day
- Days per week
- Training hours per week
- Training age of Athlete

Battery Test for Motor Test

- 12 Min running
- 600 m (Taolu) 800m (Sanda)
- Boom Test
- Broad Jump
- Vertical High Jump
- Forward Bend & Reach
- Tunnel Jump, Situps, side jump in 1 min with pulse check

- Meso cycle
- One month and eleven days
- INTRODUCTORY MESO CYCLE
- 6
- 2 hr. morning, 2.5 hr. evening days per week,
- 6 days
- 22 hour
- Senior
- Aerobic Endurance
- Endurance
- Agility
- Explosive Strength (Sanda Athlete)
- Explosive Strength for Taolu Athlete
- Flexibility
- Speed, Recovery time

• Progressively load will develop in next schedule.

													M	<mark>ESC</mark>	<mark>) CY</mark>	CLE													
Calendar Date	1 2	3 4	5	6 7 8	9 10 1	1 12	13	14 15	5 16	17 18	19	20	21	22	23 24		26 27	1	28 29 30	31 1	2 3	4	5 6	7	8	9	10		
Month		•								•					month 1				· · ·										
Period															MPETIT														
Meso Type														INI	RODUCTO	6	CYCLE												
Micro cycle						1					<u> </u>					0			<u> </u>				<u> </u>						
Days per week				6				6						6					6				6					5	
Hours per week				31				31	L					31					31			3	31				3	1	
Micro type	RELEARNING /BRINGINGUP RELEARNING /BRINGINGUP BRINGINGUP/ LOADING BRINGINGUP/ LOADING BRINGINGUP/ LOADING BRINGINGUP/ LOADING													DING															
PHYSICAL	PHYSICAL PREPARATION = 40%				N = 40%	PF	IYSICAL	PREPAI	RATION :	= 40%		PHYS	SICAL I	PREPAF	ATION =	40%	PHYS	ICA	L PREPARATION	= 40%	PHY		REPAI 40%	RATION	= P	PHYSICAL	PREPA	RATION	l = 40%
VOITECHNICA L	TE	CHNIC/	AL PRE	PARATIC	DN = 30%	TEC	CHNICAI	L PREPA	RATION	= 30%		TECHN	NICAL	PREPA	RATION =	30%	TECHN	NICA	AL PREPARATION	= 30%	TECHN		REPAF 0%	RATION	= TE	ECHNICA	L PREPA	RATIO	N = 30%
DERIODIZASAZATION		ΓΑϹΤΙΟ	al Pr	EPARATI	ON = 20%	Т	ACTICA	L PREP	ARATION	l = 20%					RATION =		TAC	CTIC	CAL PREPARATIO	N = 20%	TAC		PREPA 20%	RATION	= T	TACTICAL	PREPA	RATION	J = 20%
PSYCHOLO-	PSYCH	IOLOG	ICAL	PREPARA	TION =10%	PSYCH	OLOGIC	Cal pre	PARATIC	ON =10%	, D	PSYCH	10100	GICAL F 10%	REPARAT %	ION =	PSYCH	OLO	DGICAL PREPARA 10%	TION =		PSYCH EPARA ⁻			PS	SYCHOLO	GICAL F 10%		ATION =
GICAL																			10%		PK	EPARA		-10%			107	0	
MOTORTEST						x															K								
CAL CONTROL																													
PERFORMANCE TEST																													

MICRO 1^{ST (}SANDA/TAOLU)

DAY	SESSION	COMPONENT	WHICH COMPO.	EXERCISE	SET/REPS	VOL/INT (%)	METHOD	TIME DURATION
MONDAY	MORNIN G 06:30 TO 08:30 AM	ENDURANCE-60% STRENGTH-10% FLEXIBLITY-15%	CARDIOVASCULAR ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS,) COOL DOWN	200M X 4 ROUND	LOW/HIGH	SLOW CONTIONOUS METHOD	120 MIN
					10X3 to 5	LOW/MOD	REPITITION	
	EVENING 17:00 TO 19:30PM	ENDURANCE-50% COORDINATION- 20% STRENGTH-10% SPEED-5% FLEXIBLITY-15%	STENGTH ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS,) PUNCH PADDING, KICK PADDING, CORE WORKOUT, COOL DOWN	200M X 4 ROUND	LOW/HIGH	REPETATION METHOD	150 MINUTES
					10X3 to 5	LOW/MOD		
TUESDAY	MORNING 06:30 TO 08:30AM	DO	DO	DO	DO	DO	DO	DO
	EVENING 17:00 TO 19:30PM	DO	DO	DO	DO	DO	DO	DO
Wednesday	MORNING 06:30 TO 08:30AM	DO	DO	DO	DO	DO	DO	DO
	AFTERNOON 10:30 TO 13:30PM	GYM (SANDA)						
	EVENING 06:30 TO 08:30AM			Sauna Steam				
Thursday	MORNING 06:30 TO	DO	DO	DO	DO	DO	DO	DO
	08:30AM EVENING 06:30 TO 08:30PM	DO	DO	DO	DO	DO	DO	DO

Friday	MORNING 06:30 TO 08:30AM	DO	DO	DO	DO	DO	DO	DO
	EVENING 17:00 TO 19:30 PM	DO	DO	DO	DO	DO	DO	DO
SATURDAY	MORNING 06:30 TO 08:30	DO	DO	DO	DO	DO	DO	DO
	EVENING 17:00 TO 19:30			Sauna Steam				

MICRO 2ND

	CECCION	COMPONENT					METHOD	ТІЛАГ
DAY	SESSION	COMPONENT	WHICH COMPO.	EXERCISE	SET/REPS	VOL/INT (%)	METHOD	TIME DURATION
MONDAY	MORNING			TEST				
	EVENING	ENDURANCE-50% COORDINATION- 20% STRENGTH-10% SPEED-5% FLEXIBLITY-15%	STENGTH ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS,) PUNCH PADDING, KICK PADDING, CORE WORKOUT, COOL DOWN	400M X 8 ROUND	LOW/HIG	REPETATION METHOD	150 MINUTES
					10X3	LOW/MOD		
TUESDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
Wednesday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam	1			
Thursday	MORNING	DO	DO	DO	DO	DO	DO	DO
	E VENING	DO	DO	DO	DO	DO	DO	DO

Friday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
SATURDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam				

DAY	SESSION	COMPONENT	WHICH COMPO.	EXERCISE	SET/REPS	VOL/INT (%)	METHOD	TIME DURATION
MONDAY	MORNING	ENDURANCE-60%	CARDIOVASCULAR	MILD STRETCHING, RUNING, WARM UP EXERCISE,	400M X 05	LOW/HIG	FARTLEK	120 MIN
		COORDINATION-	ENDURANCE	PARTNER STRETCHING, COORDINATION EXE.	ROUND		METHOD	
		15%		GEN. STRENGTH (PUSHUPS, SQUATS,)				
		STRENGTH-10%		COOL DOWN				
		SPEED-5%					REPITITION	
		FLEXIBLITY-10%						
					10X3			
						LOW/MOD		
	EVENING	ENDURANCE-60%	STENGTH	MILD STRETCHING, RUNING, WARM UP EXERCISE,	400M X4	LOW/HIG	REPETATION	150 MIN
		COORDINATION-	ENDURANCE	PARTNER STRETCHING, COORDINATION EXE.	8ROUND		METHOD	
		15%		GEN. STRENGTH (PUSHUPS, SQUATS, HAND WALK)				
		STRENGTH-10%		PUNCH PADDING, KICK PADDING, COMBINATION OF				
		SPEED-5%		KICK AND PUNCH, CORE WORKOUT,				
		FLEXIBLITY-10%		COOL DOWN				
					10X3			
						LOW/MOD		
TUESDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
		DO	DO	DO	DO	DO	DO	DO
	EVENING							
Wednesday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam				

MICRO 3RD

Thursday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
Friday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
SATURDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam				

MICRO 4TH

DAY	SESSION	COMPONENT	WHICH COMPO.	EXERCISE	SET/REPS	VOL/INT (%)	METHOD	TIME DURATION
MONDAY	MORNING	ENDURANCE-60% COORDINATION- 15% STRENGTH-10% SPEED-5% FLEXIBLITY-10%	CARDIOVASCULAR ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS,) COOL DOWN	400M X 6 ROUND	LOW/HIG	FARTLEK METHOD REPITITION	120 MIN
					10X3	LOW/MOD		
	EVENING	ENDURANCE-60% COORDINATION- 15% STRENGTH-10% SPEED-5% FLEXIBLITY-10%	STENGTH ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS, HAND WALK) PUNCH PADDING, KICK PADDING, COMBINATION OF KICK AND PUNCH, CORE WORKOUT, COOL DOWN	400M X 6 ROUND	LOW/HIG	REPETATION METHOD	150 MIN
					15X3	LOW/MOD		
TUESDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam	I		I	
Wednesday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
Thursday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
Friday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
SATURDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam				

MICRO 5TH

DAY	SESSION	COMPONENT	WHICH COMPO.	EXERCISE	SET/REPS	VOL/INT (%)	METHOD	TIME DURATION
MONDAY	MORNING	ENDURANCE-60% COORDINATION- 15% STRENGTH-10%	CARDIOVASCULAR ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS,) COOL DOWN	400M X 6 ROUND	HIGH/LOW	FARTLEK METHOD	120 MIN
		SPEED-5% FLEXIBLITY-10%			451/2		REPITITION	
	EVENING	ENDURANCE-60% COORDINATION- 15% STRENGTH-10% SPEED-5%	STENGTH ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS, HAND WALK) PUNCH PADDING, KICK PADDING, COMBINATION OF KICK AND PUNCH, CORE WORKOUT,	15X3 400M X6 8ROUND	MOD/LOW HIGH /LOW	REPETATION METHOD	150 MINUTES MIN
		FLEXIBLITY-10%		COOL DOWN	15X3	MOD/ LOW		
TUESDAY	MORNING		<u> </u>	TEST				
	EVENING	DO	DO	DO	DO	DO	DO	DO
Wednesday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam				
Thursday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
Friday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
SATURDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam				

MICRO 6TH

DAY	SESSION	COMPONENT	WHICH COMPO.	EXERCISE	SET/REPS	VOL/INT (%)	METHOD	TIME DURATION
MONDAY	MORNING	ENDURANCE-60%	CARDIOVASCULAR	MILD STRETCHING, RUNING, WARM UP EXERCISE,	400M X 06	HIGH/LOW	FARTLEK	120 MIN
		COORDINATION-	ENDURANCE	PARTNER STRETCHING, COORDINATION EXE.	5ROUND		METHOD	
		15%		GEN. STRENGTH (PUSHUPS, SQUATS,)				
		STRENGTH-10%		COOL DOWN				
		SPEED-5%					REPITITION	
		FLEXIBLITY-10%						
					20X3	MOD/LOW		
	EVENING	ENDURANCE-60%	STENGTH	MILD STRETCHING, RUNING, WARM UP EXERCISE,	400M X 6	HIGH /LOW	REPETATION	150 MINUTES
		COORDINATION-	ENDURANCE	PARTNER STRETCHING, COORDINATION EXE.	ROUND		METHOD	MIN
		15%		GEN. STRENGTH (PUSHUPS, SQUATS, HAND WALK)				
		STRENGTH-10%		PUNCH PADDING, KICK PADDING, COMBINATION OF				
		SPEED-5%		KICK AND PUNCH, CORE WORKOUT,				
		FLEXIBLITY-10%		COOL DOWN				
					15X3	MOD/ LOW		
TUESDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
Wednesday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam				
Thursday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
Friday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
SATURDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam				

Competition phase

PERIODIZATION

Name of the training plan

Duration of the plan Type of meso cycle

- Nume of the so cycle
- Number of micro cycle Training hour per day
- Days per week
- Training hours per week
- Training age of Athlete

Battery Test for Motor Test

- 12 Min running
- 600 m (Taolu) 800m (Sanda)
- Boom Test
- Broad Jump
- Vertical High Jump
- Forward Bend & Reach
- Tunnel Jump, Situps, side jump in 1 min with pulse check

- Meso cycle
- One month and eleven days
- INTRODUCTORY MESO CYCLE
- 6
- 2 hr. morning, 2.5 hr. evening days per week,
- 6 days
- 22 hour
- Senior
- Aerobic Endurance
- Endurance
- Agility
- Explosive Strength (Sanda Athlete)
- Explosive Strength for Taolu Athlete
- Flexibility
- Speed, Recovery time

• Progressively load will develop in next schedule.

													M	<mark>ESC</mark>	<mark>) CY</mark>	CLE													
Calendar Date	1 2	3 4	5	6 7 8	9 10 1	1 12	13	14 15	5 16	17 18	19	20	21	22	23 24		26 27	1	28 29 30	31 1	2 3	4	5 6	7	8	9	10		
Month		•								•					month 1				· · ·										
Period															MPETIT														
Meso Type														INI	RODUCTO	6	CYCLE												
Micro cycle						1					<u> </u>					0			<u> </u>				<u> </u>						
Days per week				6				6						6					6				6					5	
Hours per week				31				31	L					31					31			3	31				3	1	
Micro type	RELEARNING /BRINGINGUP RELEARNING /BRINGINGUP BRINGINGUP/ LOADING BRINGINGUP/ LOADING BRINGINGUP/ LOADING BRINGINGUP/ LOADING													DING															
PHYSICAL	PHYSICAL PREPARATION = 40%				N = 40%	PF	IYSICAL	PREPAI	RATION :	= 40%		PHYS	SICAL I	PREPAF	ATION =	40%	PHYS	ICA	L PREPARATION	= 40%	PHY		REPAI 40%	RATION	= P	PHYSICAL	PREPA	RATION	l = 40%
VOITECHNICA L	TE	CHNIC/	AL PRE	PARATIC	DN = 30%	TEC	CHNICAI	L PREPA	RATION	= 30%		TECHN	NICAL	PREPA	RATION =	30%	TECHN	NICA	AL PREPARATION	= 30%	TECHN		REPAF 0%	RATION	= TE	ECHNICA	L PREPA	RATIO	N = 30%
DERIODIZASAZATION		ΓΑϹΤΙΟ	al Pr	EPARATI	ON = 20%	Т	ACTICA	L PREP	ARATION	l = 20%					RATION =		TAC	CTIC	CAL PREPARATIO	N = 20%	TAC		PREPA 20%	RATION	= T	TACTICAL	PREPA	RATION	J = 20%
PSYCHOLO-	PSYCH	IOLOG	ICAL	PREPARA	TION =10%	PSYCH	OLOGIC	Cal pre	PARATIC	ON =10%	, D	PSYCH	10100	GICAL F 10%	REPARAT %	ION =	PSYCH	OLO	DGICAL PREPARA 10%	TION =		PSYCH EPARA ⁻			PS	SYCHOLO	GICAL F 10%		ATION =
GICAL																			10%		PK	EPARA		-10%			107	0	
MOTORTEST						x															K								
CAL CONTROL																													
PERFORMANCE TEST																													

MICRO 1^{ST (}SANDA/TAOLU)

DAY	SESSION	COMPONENT	WHICH COMPO.	EXERCISE	SET/REPS	VOL/INT (%)	METHOD	TIME DURATION
MONDAY	MORNIN G 06:30 TO 08:30 AM	ENDURANCE-60% STRENGTH-10% FLEXIBLITY-15%	CARDIOVASCULAR ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS,) COOL DOWN	200M X 4 ROUND	LOW/HIGH	SLOW CONTIONOUS METHOD	120 MIN
					10X3 to 5	LOW/MOD	REPITITION	
	EVENING 17:00 TO 19:30PM	ENDURANCE-50% COORDINATION- 20% STRENGTH-10% SPEED-5% FLEXIBLITY-15%	STENGTH ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS,) PUNCH PADDING, KICK PADDING, CORE WORKOUT, COOL DOWN	200M X 4 ROUND	LOW/HIGH	REPETATION METHOD	150 MINUTES
					10X3 to 5	LOW/MOD		
TUESDAY	MORNING 06:30 TO 08:30AM	DO	DO	DO	DO	DO	DO	DO
	EVENING 17:00 TO 19:30PM	DO	DO	DO	DO	DO	DO	DO
Wednesday	MORNING 06:30 TO 08:30AM	DO	DO	DO	DO	DO	DO	DO
	AFTERNOON 10:30 TO 13:30PM	GYM (SANDA)						
	EVENING 06:30 TO 08:30AM			Sauna Steam				
Thursday	MORNING 06:30 TO	DO	DO	DO	DO	DO	DO	DO
	08:30AM EVENING 06:30 TO 08:30PM	DO	DO	DO	DO	DO	DO	DO

Friday	MORNING 06:30 TO 08:30AM	DO	DO	DO	DO	DO	DO	DO
	EVENING 17:00 TO 19:30 PM	DO	DO	DO	DO	DO	DO	DO
SATURDAY	MORNING 06:30 TO 08:30	DO	DO	DO	DO	DO	DO	DO
	EVENING 17:00 TO 19:30			Sauna Steam				

MICRO 2ND

	CECCION	COMPONENT					METHOD	ТІЛАГ
DAY	SESSION	COMPONENT	WHICH COMPO.	EXERCISE	SET/REPS	VOL/INT (%)	METHOD	TIME DURATION
MONDAY	MORNING			TEST				
	EVENING	ENDURANCE-50% COORDINATION- 20% STRENGTH-10% SPEED-5% FLEXIBLITY-15%	STENGTH ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS,) PUNCH PADDING, KICK PADDING, CORE WORKOUT, COOL DOWN	400M X 8 ROUND	LOW/HIG	REPETATION METHOD	150 MINUTES
					10X3	LOW/MOD		
TUESDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
Wednesday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam	1			
Thursday	MORNING	DO	DO	DO	DO	DO	DO	DO
	E VENING	DO	DO	DO	DO	DO	DO	DO

Friday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
SATURDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam				

DAY	SESSION	COMPONENT	WHICH COMPO.	EXERCISE	SET/REPS	VOL/INT (%)	METHOD	TIME DURATION
MONDAY	MORNING	ENDURANCE-60%	CARDIOVASCULAR	MILD STRETCHING, RUNING, WARM UP EXERCISE,	400M X 05	LOW/HIG	FARTLEK	120 MIN
		COORDINATION-	ENDURANCE	PARTNER STRETCHING, COORDINATION EXE.	ROUND		METHOD	
		15%		GEN. STRENGTH (PUSHUPS, SQUATS,)				
		STRENGTH-10%		COOL DOWN				
		SPEED-5%					REPITITION	
		FLEXIBLITY-10%						
					10X3			
						LOW/MOD		
	EVENING	ENDURANCE-60%	STENGTH	MILD STRETCHING, RUNING, WARM UP EXERCISE,	400M X4	LOW/HIG	REPETATION	150 MIN
		COORDINATION-	ENDURANCE	PARTNER STRETCHING, COORDINATION EXE.	8ROUND		METHOD	
		15%		GEN. STRENGTH (PUSHUPS, SQUATS, HAND WALK)				
		STRENGTH-10%		PUNCH PADDING, KICK PADDING, COMBINATION OF				
		SPEED-5%		KICK AND PUNCH, CORE WORKOUT,				
		FLEXIBLITY-10%		COOL DOWN				
					10X3			
						LOW/MOD		
TUESDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
		DO	DO	DO	DO	DO	DO	DO
	EVENING							
Wednesday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam				

MICRO 3RD

Thursday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
Friday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
SATURDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam				

MICRO 4TH

DAY	SESSION	COMPONENT	WHICH COMPO.	EXERCISE	SET/REPS	VOL/INT (%)	METHOD	TIME DURATION
MONDAY	MORNING	ENDURANCE-60% COORDINATION- 15% STRENGTH-10% SPEED-5% FLEXIBLITY-10%	CARDIOVASCULAR ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS,) COOL DOWN	400M X 6 ROUND	LOW/HIG	FARTLEK METHOD REPITITION	120 MIN
					10X3	LOW/MOD		
	EVENING	ENDURANCE-60% COORDINATION- 15% STRENGTH-10% SPEED-5% FLEXIBLITY-10%	STENGTH ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS, HAND WALK) PUNCH PADDING, KICK PADDING, COMBINATION OF KICK AND PUNCH, CORE WORKOUT, COOL DOWN	400M X 6 ROUND	LOW/HIG	REPETATION METHOD	150 MIN
					15X3	LOW/MOD		
TUESDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam	I		I	
Wednesday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
Thursday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
Friday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
SATURDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam				

MICRO 5TH

DAY	SESSION	COMPONENT	WHICH COMPO.	EXERCISE	SET/REPS	VOL/INT (%)	METHOD	TIME DURATION			
MONDAY	MORNING	ENDURANCE-60% COORDINATION- 15% STRENGTH-10%	CARDIOVASCULAR ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS,) COOL DOWN	400M X 6 ROUND	HIGH/LOW	FARTLEK METHOD	120 MIN			
		SPEED-5% FLEXIBLITY-10%			451/0		REPITITION				
	EVENING	ENDURANCE-60% COORDINATION- 15% STRENGTH-10% SPEED-5%	STENGTH ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS, HAND WALK) PUNCH PADDING, KICK PADDING, COMBINATION OF KICK AND PUNCH, CORE WORKOUT,	15X3 400M X6 8ROUND	MOD/LOW HIGH /LOW	REPETATION METHOD	150 MINUTES MIN			
		FLEXIBLITY-10%		COOL DOWN	15X3	MOD/ LOW					
TUESDAY	MORNING			TEST							
	EVENING	DO	DO	DO	DO	DO	DO	DO			
Wednesday	MORNING	DO	DO	DO	DO	DO	DO	DO			
	EVENING			Sauna Steam							
Thursday	MORNING	DO	DO	DO	DO	DO	DO	DO			
	EVENING	DO	DO	DO	DO	DO	DO	DO			
Friday	MORNING	DO	DO	DO	DO	DO	DO	DO			
	EVENING	DO	DO	DO	DO	DO	DO	DO			
SATURDAY	MORNING	DO	DO	DO	DO	DO	DO	DO			
	EVENING			Sauna Steam							

MICRO 6TH

DAY	SESSION	COMPONENT	WHICH COMPO.	EXERCISE	SET/REPS	VOL/INT (%)	METHOD	TIME DURATION
MONDAY	MORNING	ENDURANCE-60% COORDINATION-	CARDIOVASCULAR ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE.	400M X 06 5ROUND	HIGH/LOW	FARTLEK METHOD	120 MIN
		15%		GEN. STRENGTH (PUSHUPS, SQUATS,)	5100110		METHOD	
		STRENGTH-10%		COOL DOWN				
		SPEED-5%					REPITITION	
		FLEXIBLITY-10%						
					20X3	MOD/LOW		
	EVENING	ENDURANCE-60%	STENGTH	MILD STRETCHING, RUNING, WARM UP EXERCISE,	400M X 6	HIGH /LOW	REPETATION	150 MINUTES
		COORDINATION-	ENDURANCE	PARTNER STRETCHING, COORDINATION EXE.	ROUND		METHOD	MIN
		15%		GEN. STRENGTH (PUSHUPS, SQUATS, HAND WALK)				
		STRENGTH-10%		PUNCH PADDING, KICK PADDING, COMBINATION OF				
		SPEED-5%		KICK AND PUNCH, CORE WORKOUT,				
		FLEXIBLITY-10%		COOL DOWN	15X3	MOD/ LOW		
					1272			
TUESDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
Wednesday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam				
Thursday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
Friday	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	DO	DO	DO	DO	DO	DO	DO
SATURDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING			Sauna Steam				