

Preparatory phase

PERIODIZATION

Name of the training plan	- Meso cycle
Duration of the plan	- One month and eleven days
Type of meso cycle	- INTRODUCTORY MESO CYCLE
Number of micro cycle	- 6
Training hour per day	- 2 hr. morning, 2.5 hr. evening days per week,
Days per week	- 6 days
Training hours per week	- 22 hour
Training age of Athlete	- Senior

Battery Test for Motor Test

• 12 Min running	- Aerobic Endurance
• 600 m (Taolu) 800m (Sanda)	- Endurance
• Boom Test	- Agility
• Broad Jump	- Explosive Strength (Sanda Athlete)
• Vertical High Jump	- Explosive Strength for Taolu Athlete
• Forward Bend & Reach	- Flexibility
• Tunnel Jump, Situps, side jump in 1 min with pulse check	- Speed, Recovery time

- Progressively load will develop in next schedule.

MESO CYCLE

Calendar Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10											
Month	One month 11 days																																																			
Period	COMPETITION PHASE 1																																																			
Meso Type	INTRODUCTORY MESO CYCLE																																																			
Micro cycle	6																																																			
Days per week	6						6						6						6						6						6																					
Hours per week	31						31						31						31						31						31																					
Micro type	RELEARNING /BRINGINGUP						RELEARNING /BRINGINGUP						BRINGINGUP/ LOADING						BRINGINGUP/ LOADING						BRINGINGUP/ LOADING						BRINGINGUP/ LOADING																					
PERIODIZATION	PHYSICAL	PHYSICAL PREPARATION = 40%						PHYSICAL PREPARATION = 40%						PHYSICAL PREPARATION = 40%						PHYSICAL PREPARATION = 40%						PHYSICAL PREPARATION = 40%						PHYSICAL PREPARATION = 40%																				
	TECHNICAL	TECHNICAL PREPARATION = 30%						TECHNICAL PREPARATION = 30%						TECHNICAL PREPARATION = 30%						TECHNICAL PREPARATION = 30%						TECHNICAL PREPARATION = 30%						TECHNICAL PREPARATION = 30%																				
	TACTICAL	TACTICAL PREPARATION = 20%						TACTICAL PREPARATION = 20%						TACTICAL PREPARATION = 20%						TACTICAL PREPARATION = 20%						TACTICAL PREPARATION = 20%						TACTICAL PREPARATION = 20%																				
	PSYCHOLOGICAL	PSYCHOLOGICAL PREPARATION =10%						PSYCHOLOGICAL PREPARATION =10%						PSYCHOLOGICAL PREPARATION = 10%						PSYCHOLOGICAL PREPARATION = 10%						PSYCHOLOGICAL PREPARATION =10%						PSYCHOLOGICAL PREPARATION = 10%																				
MOTOR TEST											x																																									
CAL CONTROL																																																				
PERFORMANCE TEST																																																				

MICRO 1ST (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% FLEXIBILITY-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% FLEXIBILITY-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 08:30AM	DO	DO	DO	DO	DO	DO	DO
	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

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% FLEXIBILITY-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 10X3	LOW/HIG LOW/MOD	REPETATION METHOD	150 MINUTES
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
	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						

MICRO 3RD

DAY	SESSION	COMPONENT	WHICH COMPO.	EXERCISE	SET/REPS	VOL/INT (%)	METHOD	TIME DURATION
MONDAY	MORNING	ENDURANCE-60% COORDINATION-15% STRENGTH-10% SPEED-5% FLEXIBILITY-10%	CARDIOVASCULAR ENDURANCE	MILD STRETCHING, RUNNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS,) COOL DOWN	400M X 05 ROUND 10X3	LOW/HIG LOW/MOD	FARTLEK METHOD REPITITION	120 MIN
	EVENING	ENDURANCE-60% COORDINATION-15% STRENGTH-10% SPEED-5% FLEXIBILITY-10%	STENGTH ENDURANCE	MILD STRETCHING, RUNNING, 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 X4 8ROUND 10X3	LOW/HIG LOW/MOD	REPETATION METHOD	150 MIN
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						

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% FLEXIBILITY-10%	CARDIOVASCULAR ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS,) COOL DOWN	400M X 6 ROUND 10X3	LOW/HIG LOW/MOD	FARTLEK METHOD REPITITION	120 MIN
	EVENING	ENDURANCE-60% COORDINATION-15% STRENGTH-10% SPEED-5% FLEXIBILITY-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 15X3	LOW/HIG LOW/MOD	REPETATION METHOD	150 MIN
TUESDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	Sauna Steam						
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% SPEED-5% FLEXIBILITY-10%	CARDIOVASCULAR ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS,) COOL DOWN	400M X 6 ROUND 15X3	HIGH/LOW MOD/LOW	FARTLEK METHOD REPITITION	120 MIN
	EVENING	ENDURANCE-60% COORDINATION-15% STRENGTH-10% SPEED-5% FLEXIBILITY-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 8ROUND 15X3	HIGH /LOW MOD/ LOW	REPETATION METHOD	150 MINUTES MIN
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-15% STRENGTH-10% SPEED-5% FLEXIBILITY-10%	CARDIOVASCULAR ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS,) COOL DOWN	400M X 06 5ROUND	HIGH/LOW	FARTLEK METHOD	120 MIN
					20X3	MOD/LOW	REPITITION	
	EVENING	ENDURANCE-60% COORDINATION-15% STRENGTH-10% SPEED-5% FLEXIBILITY-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	HIGH /LOW	REPETATION METHOD	150 MINUTES MIN
					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	- Meso cycle
Duration of the plan	- One month and eleven days
Type of meso cycle	- INTRODUCTORY MESO CYCLE
Number of micro cycle	- 6
Training hour per day	- 2 hr. morning, 2.5 hr. evening days per week,
Days per week	- 6 days
Training hours per week	- 22 hour
Training age of Athlete	- Senior

Battery Test for Motor Test

• 12 Min running	- Aerobic Endurance
• 600 m (Taolu) 800m (Sanda)	- Endurance
• Boom Test	- Agility
• Broad Jump	- Explosive Strength (Sanda Athlete)
• Vertical High Jump	- Explosive Strength for Taolu Athlete
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- Progressively load will develop in next schedule.

MESO CYCLE

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Month		One month 11 days																																														
Period		COMPETITION PHASE 1																																														
Meso Type		INTRODUCTORY MESO CYCLE																																														
Micro cycle		6																																														
Days per week		6						6						6						6						6																						
Hours per week		31						31						31						31						31																						
Micro type		RELEARNING /BRINGINGUP						RELEARNING /BRINGINGUP						BRINGINGUP/ LOADING						BRINGINGUP/ LOADING						BRINGINGUP/ LOADING						BRINGINGUP/ LOADING																
PERIODIZATION	PHYSICAL	PHYSICAL PREPARATION = 40%						PHYSICAL PREPARATION = 40%						PHYSICAL PREPARATION = 40%						PHYSICAL PREPARATION = 40%						PHYSICAL PREPARATION = 40%						PHYSICAL PREPARATION = 40%																
	TECHNICAL	TECHNICAL PREPARATION = 30%						TECHNICAL PREPARATION = 30%						TECHNICAL PREPARATION = 30%						TECHNICAL PREPARATION = 30%						TECHNICAL PREPARATION = 30%						TECHNICAL PREPARATION = 30%																
	TACTICAL	TACTICAL PREPARATION = 20%						TACTICAL PREPARATION = 20%						TACTICAL PREPARATION = 20%						TACTICAL PREPARATION = 20%						TACTICAL PREPARATION = 20%						TACTICAL PREPARATION = 20%																
	PSYCHOLOGICAL	PSYCHOLOGICAL PREPARATION =10%						PSYCHOLOGICAL PREPARATION =10%						PSYCHOLOGICAL PREPARATION = 10%						PSYCHOLOGICAL PREPARATION = 10%						PSYCHOLOGICAL PREPARATION =10%						PSYCHOLOGICAL PREPARATION = 10%																
MOTOR TEST											x																																					
CAL CONTROL																																																
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MICRO 1ST (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% FLEXIBILITY-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% FLEXIBILITY-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 08:30AM	DO	DO	DO	DO	DO	DO	DO
	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

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% FLEXIBILITY-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 10X3	LOW/HIG LOW/MOD	REPETATION METHOD	150 MINUTES
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
	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						

MICRO 3RD

DAY	SESSION	COMPONENT	WHICH COMPO.	EXERCISE	SET/REPS	VOL/INT (%)	METHOD	TIME DURATION
MONDAY	MORNING	ENDURANCE-60% COORDINATION-15% STRENGTH-10% SPEED-5% FLEXIBILITY-10%	CARDIOVASCULAR ENDURANCE	MILD STRETCHING, RUNNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS,) COOL DOWN	400M X 05 ROUND 10X3	LOW/HIG LOW/MOD	FARTLEK METHOD REPITITION	120 MIN
	EVENING	ENDURANCE-60% COORDINATION-15% STRENGTH-10% SPEED-5% FLEXIBILITY-10%	STENGTH ENDURANCE	MILD STRETCHING, RUNNING, 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 X4 8ROUND 10X3	LOW/HIG LOW/MOD	REPETATION METHOD	150 MIN
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						

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% FLEXIBILITY-10%	CARDIOVASCULAR ENDURANCE	MILD STRETCHING, RUNING, WARM UP EXERCISE, PARTNER STRETCHING, COORDINATION EXE. GEN. STRENGTH (PUSHUPS, SQUATS,) COOL DOWN	400M X 6 ROUND 10X3	LOW/HIG LOW/MOD	FARTLEK METHOD REPITITION	120 MIN
	EVENING	ENDURANCE-60% COORDINATION-15% STRENGTH-10% SPEED-5% FLEXIBILITY-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 15X3	LOW/HIG LOW/MOD	REPETATION METHOD	150 MIN
TUESDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	Sauna Steam						
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
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	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
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	EVENING	ENDURANCE-60% COORDINATION-15% STRENGTH-10% SPEED-5% FLEXIBILITY-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 8ROUND 15X3	HIGH /LOW MOD/ LOW	REPETATION METHOD	150 MINUTES MIN
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
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	EVENING	DO	DO	DO	DO	DO	DO	DO
SATURDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	Sauna Steam						

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	EVENING	ENDURANCE-60% COORDINATION-15% STRENGTH-10% SPEED-5% FLEXIBILITY-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	HIGH /LOW	REPETATION METHOD	150 MINUTES MIN
					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
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	EVENING	DO	DO	DO	DO	DO	DO	DO
SATURDAY	MORNING	DO	DO	DO	DO	DO	DO	DO
	EVENING	Sauna Steam						