

**BOXING**  
FEDERATION OF  
**INDIA**

भारतीय खेल  
प्राधिकरण  
*sports*  
authority of  
**india**

# COACH DEVELOPMENT PROGRAM



# Strength and Power training for boxers



# Free weights or Fixed machines?





# What kind of exercises are we looking for?

- Level 1: Isolated exercises on machine with varied resistance
- Level 2: Complex exercises on machine with varied resistance
- Level 3: Isolated exercises on machine
- Level 4: Complex exercises on machine
- Level 5: Isolated exercises with free weights
- **Level 6: Complex exercises with free weights**

# Complex exercises with free weights

- **Training strength in movements rather than specific muscles.**
- Strength is trained between 70-100% in correct choice of exercise
- Power is trained between 70-90% in correct choice of exercise like  
” hand-foot coordination”

# What physical qualities are you looking for?

- Maximal strength
  - Power strength
  - Speed strength
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- -strength exercise should not exceed 35 reps in one session (+- 3)
  - -power exercise should not exceed 25 reps in one session (+-3)
  - -minimum 12 reps per exercise in one session to get a training-effect

# Strength exercises

- -between 10-12 reps per set -  
**hypertrophy training**
- -between 6-8 reps per set- **strength-  
and hypertrophy training**
- -between 1-3 reps per set- **strength  
training**



# Power exercises

- -between 4-5 reps per set -  
**explosive-technical training**
- -between 1-3 reps per set -  
**explosive strength/ maximum  
load**





# Speed strength

- No more reps than you can keep the speed and technique
- (most common between 4-10 reps, 10-40 % 1RPM)



# Program volume monthly Block 1 and Block 2

	Up to 1000 reps per month	More than 1000 reps per month
<b>Week 1</b>	22% reps total	22% reps total
<b>Week 2</b>	28% "	27% "
<b>Week 3</b>	35% "	32% "
<b>Week 4</b>	15% "	19% "

# Program volume weekly

- -Up to 1000 reps per month
- -3 sessions per week

Day 1	Day 2	Day 3
+ - 44%	+ - 22%	+ - 34%

# Intensity

- up to 65 % - warm-up
- 65-70% - preparing the nervous and musculoskeletal system
- 70-80% - develop strength and speed strength qualities
- 80-90% - further develop the strength qualities and explosives abilities
- 90-100 ( +100)% - develop both psychological and strength qualities, recruits all muscle fibers

## **Complete daily program should include following:**

- **lower extremity strength including core, i.e. squats**
- **lower extremity power including core, i.e. power cleans, power snatch, snatch, cleans**
- **upper body strength and power including core, i.e. push-press, bench-press, jerk, split jerk**
- **lower back, i.e. good morning, deadlift or variations**



# Periodization system

- Different athletes will need some adjustments as following:

	Block 1 and 2	Sport specific block	Tapering
• -squats	20-25%	10-15%	0-10%
• <b>-power cleans</b>	<b>15-20%</b>	<b>15-22%</b>	<b>10-20%</b>
• -press exercises	10-15%	8-12%	0-10%
• <b>-jerks</b>	<b>10-15%</b>	<b>12-20%</b>	<b>5-20%</b>
• <b>-snatch</b>	<b>10-15%</b>	<b>15-22%</b>	<b>10-20%</b>
• -low back	5-15%	5-8%	0%
• <b>-complementary</b>	<b>5-15%</b>	<b>5-15%</b>	<b>20-50%</b>
• <b>( including jumps, medicine balls etc)</b>			

# Periodization system

Function/ Technique	Basic Strength	Max. Strength	Explosive Strength	Speed Strength
Power Endurance/Circuit training				

# Example Training Session

1.	Warm up					
2.	Technical drill					
3.	Strength/Power					
4.	Strength/Power					
5.	Complementary Exercises/Sport Specific-Power-Speed					
6.	Complementary Exercises/Sport Specific-Gymnastic					
7.	Complementary Exercises/Sport Specific-Upper Body					

# Example Training Session

Session 2	Mixed	Zone 0	Zone 1	Zone 2	Zone 3	Set
		< 70%	70-79%	80-89%	90-97%	
1. Complex Exercise						2
		6+6+6+6+6				
2. Snatch drill			3			4
From hip+from knee		2+2	2+2			
3. Clean & Jerk No stop			2			4
		3	2			
4. Squat+Pushpress			2			3
		4+4	4+0	3+0		
5. 1 Upper body						4
Pull-Ups, Shoulders, Dumbbell Floor Press, etc)		6-8				
6. 1 Jump Exercise						
(Deep start-High land, Box Jump, Hurdles, etc)		4-6				4

# Strength and Power training

