



## 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



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

- > -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 trainingeffect



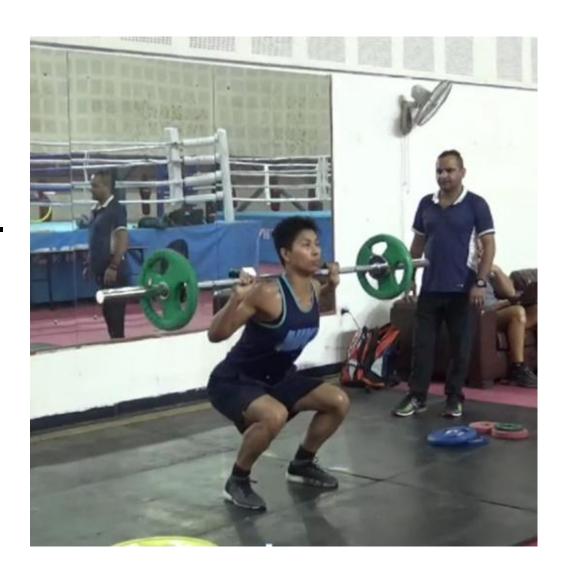


#### Strength exercises

-between 10-12 reps per set hypertrophy training

 -between 6-8 reps per set- strengthand hypertrophy training

-between 1-3 reps per set- strength training



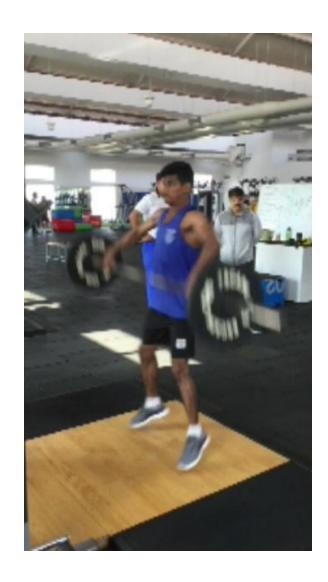




#### **Power exercises**

-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		
Week 1	22% reps total	22% reps total		
Week 2	28% "	27% "		
Week 3	35% "	32% "		
Week 4	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





(including jumps, medicine balls etc)

#### **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%
•	-power cleans	15-20%	15-22%	10-20%
•	-press exercises	10-15%	8-12%	0-10%
•	-jerks	10-15%	12-20%	5-20%
•	-snatch	10-15%	15-22%	10-20%
•	-low back	5-15%	5-8%	0%
•	-complementary	5-15%	5-15%	20-50%





### **Periodization system**

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





#### **Example Training Session**

Warm up
Technical drill
Strength/Power
Strength/Power
Complementary Exercises/Sport Specific-Power-Speed
Complementary Exercises/Sport Specific-Gymnastic
Complementary Exercises/Sport Specific-Upper Body





### **Example Training Session**

Sess	sion 2	Mixed	Zone 0		Zone 1	Zone 2	Zone 3	Set
			< 70%		70-79%	80-89%	90-97%	
1.	Comple	x 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+F	Pushpress		2				3
			4+4		4+0	3+0		
5.	1 Upper	r body						4
		Shoulders, Il Floor Press, etc)	6-8					
6.	1 Jump	Exercise						
		art-High land, Box irdles, etc)	4-6					4





### **Strength and Power training**

