

COACH DEVELOPMENT PROGRAM



Annual Planning																																								
Period	Prep Period I Endurance						Prep Period II Strength						Sport Specific Period I						Prep Period II Mixed						Sport Specific Period II						Tapering				Rest					
Weeks	1	2	3	4	5	6	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
Competition												B						B					B				B										B	B		
Sparring All out																		B				B					B									B	B			
Sparring																		B				B					B									B	B			
School Fight																		B				B					B										B			
Punching bag, intervals																																								
Light Sparring																																								
School Fight																																								
Punching bag																																								
Pads, shadow boxing																																								
Technical drills																																								
Pads																																								
Shadow boxing																																								
School boxing																																								
Competition/Prior	FN												CZE				TRIALS				GER								WCH WCH											
Place/Camps	Patiala												France				Home				Patiala				England				Russia											
Technical/Tactical work	Gen	Straigh	Upper	Hooks	South	Body	side	Dbl	Long	Med	Dir	Back	Lead	Vs	Vs	Dbl	Gen			Gen	Straigh	Hooks	side	South	Body	Off/De	Gen													
					Power	Angles	Att	Dist	Short	Counte	wards	Hand	Brawl	Counte	Att	Feints					Upper	Block	Angles		Power	FWk														
Sparring	0	4	4	5+4	4+5	3+5	4+4	4+3	4	4+3	4+3	3	4+4	4+3	4+3	3+3+3	3+3			4	4+3	4+3	3+3	3	3	3+3	3+3		4+3	3+3+3	4	3+3	3+3	3+3	3+3+3	3+3	3			
School Fight	6+8	8+9	8+9+6	9+9	9+8	9+8	8+8	8+8	8+8	8+8	8+7	8+6	8+7	8+6	7+6	6	6+5		8	8+8	8+8	8+6	7+6	5	8+8	8+8	7+6		6+5	6+5	8+7	8+7	7+7	7+6	6+6	6	4			
Round length	3	3.45	3.45	3.45	3.45	3.45	3.45	3.30	3.30	3.30	3.30	3.30	3.30	3.15	3.15	3	3	3	3	3.30	3.15	3.15	3.15	3	3	3	3	3	3	3	3.15	3.15	3.15	3.15	3.15	3	3			
School Boxing	15	20	20	20	20	20	20	15	15	15	15	15	15	15	15	10	10	10	10	15	15	15	10	10	10	10	10	10	10	10	10	10	10	10						
Physical conditioning	M	H	H	L	H	H	M	H	L	M	H	L	H	H	M	M	L	L	L	H	M	L	L	H	M	L	L	M	M	H	L	H	M	M	L	L	L	L		
Load							3000m																																	
Tests	2+2	2+4	3+3	2+3	2+4	3+4	2+4	3+3	2+2	3+3	3+3	3+2	3+3	3+3	3+3	2+2	1+2	1+1	1+2	3+3	2+2	3+3	1+1	3+3	3+3	2+3	1+1	2+2	2+2	3+3	2+2	3+3	3+3	3+3	2+2	1+2				
Strength + Endurance	8	10	10	10	11	12	10	11	9	10	11	9	11	11	10	9	8	5	10	11	10	11	8	10	11	9	8	9	10	11	10	11	11	11	10	8				
Total training sessions	4	4	4	5	4	5	4	4	5	4	5	4	5	5	5	4	4	5	2	4	5	5	5	5	4	5	4	4	5	5	5	5	5	5	5	4				
Sick Days					1							4							2																					
Endurance	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	32	33	34	35	36	37	38	39	40
Interval 15-30 sek					1	1	1	1	1		1	1	1	1	1					1	1	1	1					1	1	1	1	1	1	1	1					
Interval 1-6 min					1	1	1	1	1	1			1	1	1	1				1	1	1	1					1			1	1	1	1	1					
Short Distance 20-40 min	1	2	1	1	2	2	2	2	1	2	2	1	1	1	1	2	1	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	2	2			
Distance 45-75 min	1	2	2	1	1	1	1																																	
Cool Down 20 min	2	3	4	4	4	4	4	4	3	4	3	3	3	3	3	2	3			3	4	4	4	2	3	4	4		4	5	3	4	4	4	5	3	2			
Strength																																								
Circuit training																																								
Explosive strength												2	2	2	2	2	1	1	1				1	2	1	2	2	2	1	2	2	2	1	2	3	3	2	1		
Max strength								1	1	2	2		1	1	1					2	2	1	1		1	1					1	1	1							
Basic strength				1	1	1	2	1	2	1	1	1	1							1	1																			
Functional/Technique	2	2	2	1	1	1	1																																	

Training Planning



Annual Planning

[illegible]

Calendar of Competitions

Priority of Competitions		Tapering
Priority 1	Asian Ch. and World Ch., CWG and Asian Games; Olympic QF and Olympic Games	2-3 Weeks
Priority 2	Major International Tournaments (Strandja, Chemistry Cup, Thailand Open, etc)	1 Week
Priority 3	International Tournaments, state and departmental competitions, Selection Trials, etc	3-5 days
Priority 4	Fight Night, Friendly matches	0-2 days

Annual Planning

[illegible]

Periodization

Preparatory Period I	Preparatory Period II	Sport Specific Period	Tapering	Transition
Endurance	Strength	Boxing	Peaking	Recovery

Annual Planning

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Period	Prep Period I Cardio						Prep Period II Strength						Sport Specific Period I					Prep Period II Mixed					Sport Specific Period II						Tapering			Rest								
Weeks	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	32	33	34	35	36	37	38	39	40
Competition																																								
Sparring Fight																																								
Sparring																																								
School Fight																																								
Punching bag, intervals																																								
Light Sparring																																								
School Fight																																								
Punching bag																																								
Pads, shadow boxing																																								
Technical drills																																								
Pads																																								
Shadow boxing																																								
School boxing																																								
Competition/Prior							FN						CZE					TRIALS					GER						WCH WCH											
Place/Camps							Patala						France					Home					Patala						England			Russia								
Technical/Tactical work																																								
Sparring																																								
School Fight																																								
Round length																																								
School Boxing																																								
Physical conditioning																																								
Load																																								
Tests																																								
Strength + Endurance																																								
Total training sessions																																								
Sick Days																																								
Cardio	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	32	33	34	35	36	37	38	39	40
Interval 15-90 sek																																								
Interval 1-6 min																																								
Short Distance 20-40 min																																								
Distance 45-75 min																																								
Cool Down 20 min																																								
Strength																																								
Circuit training																																								
Explosive strength																																								
Max strength																																								
Basic strength																																								
Functional/Technique																																								

Boxing Training

Boxing Training		Intensity		
		Max 90-100%	High 80-90%	Medium-Low -80%
1	Competition			
2	Sparring All out			
3	Sparring			
4	School Fight			
5	Punching bag intervals			
6	Punching bag			
7	Technical drills			
8	Pads			
9	Shadow boxing			
10	School boxing			

Annual Planning

[illegible]

Boxing Training

Sparring	3 - 4 - 5 Rounds
School Fight	4 - 5 - 6 - 7 - 8 - 9 Rounds
Round Length	3.00 - 3.15 - 3.30 - 3.45 min
Rest Period	0.50 s - 0.55 s - 1.00 min
School Boxing	10 - 15 - 20 - (30) min

School Fight

Examples of Technical-tactical topics

1	Straight punches & defenses	11	Side-steps & angles
2	Uppercuts & defenses	12	Body punching
3	Hooks & defenses	13	Power punches
4	Long distance	14	Double-attacks
5	Medium & Short distance	15	Feint-counter
6	Offensive & Def. Footwork	16	Blocking-Counter
7	Direct Counter & Counter-attack	17	Low guard
8	Lead hand	18	Punch in retreat & Diagonal steps
9	Southpaw vs Orthodox	19	Vs Brawler
10	Complex Combinations	20	Vs Counter puncher

Annual Planning

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Period	Prep Period I Endurance							Prep Period II Strength						Sport Specific Period I					Prep Period II Mixed					Sport Specific Period II								Tapering			Reserve					
Weeks	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	32	33	34	35	36	37	38	39	40
Competition												B						B					B					B									B	B		
Sparring All out																		B				B						B									B	B		
Sparring																		B				B						B										B	B	
School Fight																																							B	
Punching bag intervals																																								
Light Sparring																																								
School Fight																																								
Punching bag																																								
Pads, shadow boxing																																								
Technical drills																																								
Pads																																								
Shadow boxing																																								
School boxing																																								
Competition/Prior Place/Camps								FN						CZE					TRIALS					GER								WCH WCH								
	Patalla							France						Home					Patalla					England								Russia								
Technical/Tactical work	Gen	Straight	Upper	Hooks	South	Body	Side	Dbl	Long	Med	Dir	Back	Lead	Vs	Vs	Dbl	Gen			Gen	Straight	Hooks	Side	South	Body	Diff/De	Gen													
						Power	Angles	Att	Dist	Short	Count	wards	Hand	Brawl	Count	Att	Feints																							
Sparring	0	4	4	5+4	4+5	3+5	4+4	4+3	4	4+3	4+3	3	4+4	4+3	4+3	3+3+3	3+3			4	4+3	4+3	3+3	3	3	3	3+3	3+3		4+3	3+3+3	4	3+3	3+3	3+3	3+3+3	3+3	3		
School Fight	6+8	8+9	8+9+6	9+9	9+8	9+8	8+8	8+8	8+8	8+8	8+7	8+6	8+7	8+6	7+6	6	6+5		8	8+8	8+8	8+6	7+6	5	8+8	8+8	7+6		6+5	6+5	8+7	8+7	7+7	7+6	6+6	6	4			
Round length	3	3.45	3.45	3.45	3.45	3.45	3.45	3.30	3.30	3.30	3.30	3.30	3.30	3.15	3.15	3	3	3	3	3.30	3.15	3.15	3.15	3	3	3	3	3	3	3	3	3.15	3.15	3.15	3.15	3.15	3	3		
School Boxing	15	20	20	20	20	20	20	15	15	15	15	15	15	15	15	10	10	10	10	15	15	15	10	10	10	10	10	10	10	10	10	10	10	10	10					
Physical conditioning																																								
Load																																								
Tests																																								
Strength + Endurance																																								
Total training sessions																																								
Sick Days																																								
Endurance	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	32	33	34	35	36	37	38	39	40
Interval 15-30 sek																																								
Interval 1-6 min																																								
Short Distance 20-40 min																																								
Distance 45-75 min																																								
Cool Down 20 min																																								
Strength																																								
Circuit training																																								
Explosive strength																																								
Max strength																																								
Basic strength																																								
Functional/Technique																																								

Physical Load

Load	Heavy/Medium/Light
Physical Tests	Test Battery or specific tests
Strength + Endurance	
Total Training Sessions	Boxing + S&C

Annual Planning

[illegible]

Endurance

	Running program									
	Work	Intensity		Set	Rest	Serie	Heart Rate			
Cool Down	15-20 min	Low		1	-	1	120			
Long distance	60-75 min	Low		1	-	1	120 - 150			
Distance	45-60 min	Low		1	-	1	140 - 160			
Fast distance	15-40 min	Medium		1	-	1	160 - 170			
Long Interval	4-10 min	Medium		4-6	1-3 min	1-2	160 - 170			
Interval "90-30"	90 sec	High		10-15	30 sec	1-3	170 - 185			
Interval "15-15"	15 sec	High		20-30	15 sec	1-3	170 - 185			
Interval "3'-3'"	3 min	High		3-5	3 min	1-2	180 - 200			
Interval AN	60 sec	High		1-3	5 min	5	-			
Interval AN	10 sec	High		1-3	2 min	6-15	-			
Max HR:	200									

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Boxing



Strength Training

Function/
Technique

Basic Strength

Max. Strength

Explosive
Strength

Speed Strength

Power Endurance/Circuit training



Annual Planning

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Period	Prep Period I Endurance						Prep Period II Strength						Sport Specific Period I						Prep Period II Mixed						Sport Specific Period II						Tapering				Rest					
Weeks	1	2	3	4	5	6	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
Competition												B					B					B					B									B	B			
Sparring All out																	B					B					B									B	B			
Sparring																	B					B					B									B	B			
School Fight																	B					B					B										B			
Punching bag, intervals																																								
Light Sparring																																								
School Fight																																								
Punching bag																																								
Pads, shadow boxing																																								
Technical drills																																								
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School boxing																																								
Competition/Prio												FN						CZE																			WCH	WCH		
Place/Camps	Patalia												France						Home						Patalia						England						Russia			
Technical/Tactical work	Gen	Straight	Upper	Hooks	South	Body	Ideste	Dbl	Long	Med	Dir	Back	Lead	Vs	Vs	Dbl	Gen																							
						Power	Angles	Att	Dist	Short	Counte	wards	Hand	Brawl	Counts	Att	Feints																							
Sparring	0	4	4	5+4	4+5	3+5	4+4	4+3	4	4+3	4+3	3	4+4	4+3	4+3	3+3+3	3+3																							
School Fight	6+8	8+9	8+9+E	9+9	9+8	9+8	8+8	8+8	8+8	8+8	8+7	8+6	8+7	8+6	7+6	6	6+5																							
Round length	3	3.45	3.45	3.45	3.45	3.45	3.45	3.30	3.30	3.30	3.30	3.30	3.15	3.15	3	3	3																							
School Boxing	15	20	20	20	20	20	20	15	15	15	15	15	15	15	15	10	10																							
Physical conditioning	M	H	H	L	H	H	M	H	L	M	H	L	H	H	M	M	L	L	L	H	H	M	L	L	H	M	L	L	M	M	H	L	H	M	M	L	L	L		
Load							3000m																																	
Tests	2+2	2+4	3+3	2+3	2+4	3+4	2+4	3+3	2+2	3+3	3+3	3+2	3+3	3+3	3+3	2+2	1+2	1+1	1+2	ALL	3+3	2+2	3+3	1+1	3+3	2+3	1+1	2+2	2+2	3+3	2+2	3+3	3+3	2+2	1+2					
Strength + Endurance	8	10	10	10	11	12	10	11	9	10	11	9	11	11	11	10	9	8	5	10	11	10	11	8	10	11	9	8	9	10	11	10	11	11	10	8				
Total training sessions	4	4	4	5	4	5	4	4	5	4	5	4	5	5	5	5	4	4	2	4	5	5	5	5	4	5	4	4	5	5	5	5	5	5	5	4				
Sick Days																																								
Endurance	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	32	33	34	35	36	37	38	39	40
Interval 15-30 sek											1	1	1	1	1	1					1	1	1	1		1	1	1		1	1	1	1	1	1					
Interval 1-6 min				1	1	1	1	1	1				1	1	1	1					1	1		1		1	1	1		1		1	1	1						
Short Distance 20-40 min	1	2	1	1	2	2	2	2	1	2	2	1	1	1	1	1	2	1	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	2	2				
Distance 45-75 min	1	2	2	1	1	1	1																																	
Cool Down 20 min	2	3	4	4	4	4	4	4	3	4	3	3	3	3	3	2	3			3	4	4	4	2	3	4	4		4	5	3	4	4	4	5	3	2			
Strength																																								
Circuit training																																								
Explosive strength												2	2	2	2	2	1	1	1				1	2	1	2	2	2	1	2	2	2	1	2	3	3	2	1		
Max strength																																								
Basic strength				1	1	1	2	1		1	1	2	2		1	1	1				2	2	1	1		1	1			1	1	1								
Functional/Technique	2	2	2	1	1	1	1														1	1																		

Annual Planning

Annual Planning																																								
Period	Prep Period I Endurance						Prep Period II Strength						Sport Specific Period I						Prep Period II Mixed						Sport Specific Period II						Tapering				Rest					
Weeks	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	32	33	34	35	36	37	38	39	40
Competition												B						B					B					B										B	B	
Sparring All out																		B				B						B									B	B		
Sparring																		B				B						B									B	B		
School Fight																		B										B											B	
Punching bag, intervals																																								
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Competition/Prior													FN					CZE																					WCH	WCH
Place/Camps																																								
Technical/Tactical work	Gen	Straight	Upper	Hooks	South	Body	Side	Dbl	Long	Med	Dir	Back	Lead	Vs	Vs	Dbl	Gen				Gen	Straight	Hooks	Side	South	Body	Off/De	Gen												
Sparring	0	4	4	5+4	4+5	3+5	4+4	4+3	4	4+3	4+3	3	4+4	4+3	4+3	3+3+3	3+3				4	4+3	4+3	3+3	3	3	3+3	3+3		4+3	3+3+3	4	3+3	3+3	3+3	3+3+3	3+3	3		
School Fight	8+8	8+9	8+9+8	9+9	9+8	9+8	8+8	8+8	8+8	8+8	8+7	8+6	8+7	8+6	7+6	6	6+5		8	8+8	8+8	8+6	7+6	5	8+8	8+8	7+6		6+5	6+5	8+7	8+7	7+7	7+6	6+6	6	4			
Round length	3	3.45	3.45	3.45	3.45	3.45	3.45	3.30	3.30	3.30	3.30	3.30	3.30	3.15	3.15	3	3	3	3	3.30	3.15	3.15	3.15	3	3	3	3	3	3	3	3.15	3.15	3.15	3.15	3.15	3.15	3	3		
School Boxing	15	20	20	20	20	20	20	15	15	15	15	15	15	15	15	10	10	10	10	15	15	15	10	10	10	10	10	10	10	10	10	10	10	10	10					
Physical conditioning	M	H	H	L	H	H	M	H	L	M	H	L	H	H	M	M	L	L	L		H	M	L	L	H	M	L	L	M	M	H	L	H	M	M	L	L	L	L	
Load																																								
Tests	2+2	2+4	3+3	2+3	2+4	3+4	2+4	3+3	2+2	3+3	3+3	3+2	3+3	3+3	3+3	2+2	1+2	1+1	1+2	3+3	3+3	2+2	3+3	1+1	3+3	3+3	2+3	1+1	2+2	2+2	3+3	2+2	3+3	3+3	2+2	1+2				
Strength + Endurance	8	10	10	10	11	12	10	11	9	10	11	9	11	11	10	9	8	5	10	11	10	11	8	10	11	9	8	9	10	11	10	11	11	11	10	8				
Total training sessions	4	4	4	5	4	5	4	4	5	4	5	4	5	5	5	5	4	4	2	4	5	5	5	5	4	5	4	4	5	5	5	5	5	5	5	5	4			
Sick Days					1							4								2																				
Endurance	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	32	33	34	35	36	37	38	39	40
Interval 15-30 sek																																								
Interval 1-6 min																																								
Short Distance 20-40 min	1	2	1	1	2	2	2	2	1	2	2	1	1	1	1	1	2	1	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	2	2			
Distance 45-75 min	1	2	2	1	1	1	1																																	
Cool Down 20 min	2	3	4	4	4	4	4	4	3	4	3	3	3	3	3	2	3			3	4	4	4	2	3	4	4		4	5	3	4	4	4	5	3	2			
Strength																																								
Circuit training																																								
Explosive strength												2	2	2	2	2	1	1	1				1	2	1	2	2	2	1	2	2	2	1	2	3	3	2	1		
Max strength																																								
Basic strength																																								
Functional/Technique	2	2	2	1	1	1	1																																	

Training Planning

NIS, Patiala National Coaching Camp Weekly Training program

Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00-09:00	Pads/Bag/Shadow 4 Rounds	Weight Training Session 3	Interval Run-Walk 12 x 2 min - 30 sec	School Boxing 10 min	Weight Training Session 1	Running 60 min	
	Running 45 min		Pads/Bag/Shadow 4 Rounds	Game 2 x 25 min		Individual Work 20 min	
				Jogging 10 min			
11:30-12:30							
16:00-18:00	School Boxing 15 min	School Boxing 15 min		School Boxing 15 min	Sparring 4 Rounds		
	School Fight 9 Rounds	School Fight 6 Rounds		School Fight 8 Rounds	Pads/Bag/Shadow 4 Rounds		
	Bag 4 Rounds	Pads/Bag/Shadow 4 Rounds		Pads/Bag/Shadow 3 Rounds	Cool-Down 20 min		
	Cool-Down 20 min	Cool-Down 20 min		Cool-Down 20 min			

	Round Length	3.45 min					
Technical/Tactical Objectives:		Long Distance, Straight punches				Intensity	
Physical Load:		High			Boxing	High	90-100%
Sparring:		4 Rounds Friday			Boxing	Medium	80-90%
Each session starts with 15 min Warm-Up and finishes with 15-20 min Cool down and Stretching					Boxing	Low	Under 80% Technique

Endurance		
Max	15-90 sec	Interval
High	1-6 min	Interval
Medium	20-40 min	Distance
Low	45-75 min	Distance
Cool-Down	20 min	
Strength		
Circuit training		
Explosive strength		
Max strength		
Basic strength		
Functional/Technique		

Training Planning

NIS, Patiala National Coaching Camp Weekly Training program

Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00-09:00	Pads/Bag/Shadow 4 Rounds	Weight Training Session 5	Interval Run-Walk 23 x 60 sec - 20 sec	Weight Training Session 5	School Boxing 10 min		
	Running 20 min		Pads/Bag/Shadow 4 Rounds		Game 2 x 25 min		
					Jogging 10 min	Weight Training Session 5	
11:30-12:30							
16:00-18:00	School Boxing 10 min	Sparring 3 Rounds		School Boxing 10 min	Sparring 3 Rounds		
	School Fight 7 Rounds	Pads/Bag/Shadow 4 Rounds		School Fight 6 Rounds	Pads/Bag/Shadow 4 Rounds		
	Bag Interval 3 Rounds	Cool-Down 20 min		Pads/Bag/Shadow 3 Rounds	Cool-Down 20 min		
	Cool-Down 20 min			Cool-Down 20 min			

Endurance

Max	15-90 sec	Interval
High	1-6 min	Interval
Medium	20-40 min	Distance
Low	45-75 min	Distance
Cool-Down	20 min	

Strength

Circuit training
Explosive strength
Max strength
Basic strength
Functional/Technique

Round Length

3.15 min

Technical/Tactical Objectives:

Double Attacks

Physical Load:

Light

Sparring:

3 Rounds Tuesday + Friday

Each session starts with 15 min Warm-Up and finishes with 15-20 min Cool down and Stretching

Intensity

Boxing

High

90-100%

Boxing

Medium

80-90%

Boxing

Low

Under 80% Technique

Daily Session

School boxing-15 min

School fight 9X3.45X1

Punching bag-4X3.45X1

~~~~~

School boxing 15 min - Straight punches

School fight 9 Rds x 3.45 min

1 Rd ~~~~~ A Offensiv lead hand  
~~~~~ B Defensiv lead hand

//Change half

2 Rd ~~~~~ A Straight single punches
~~~~~ B  
0-1 min Movement – Defense  
1-2 min – counter single  
2-3 min – counter 1-2 punches

3 Rd ~~~~~ Change

4 Rd ~~~~~ Free lead hand:  
~~~~~ A Throws 1-2  
~~~~~ B Blocks-counters lead hand  
~~~~~ A Slip-counters 1-3  
~~~~~ B Blocks

// Change half

5 Rd ~~~~~ Free 50% power

6 Rd ~~~~~ Free lead hand;  
~~~~~ A Straight left  
~~~~~ B Blocks-Double left  
~~~~~ A Blocks-1-1-2  
~~~~~ B (Counter)

// Change half

7 Rd ~~~~~ A Straight punches to head  
~~~~~ B Free lead hand

// Change half

8 Rd ~~~~~ Free left, straight right

9 Rd ~~~~~ Free 50% power

4 Rd Heavy bag

1 Rd ~~~~~ 90 % straight punches long distance

2 Rd ~~~~~ At signal – 2, 3 or 4 straight punches

3 & 4 Rd ~~~~~ Free