

Trainingsplan - Explosiv and Power

"Those who believe to be something, have stopped to become something." Philip Rosenthal

Right know your opponet is training three times harder than you!!

Preperation for a 10 min Superfight Gi

Goals:	1. Prävention of injuries 2. get more explosive 3. get more power 4. quick feed	Problems:	1. right knee - main problem problems with jumps, sprints 3. neck
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Monday	thuesday	Wednesday	Thursday	Friday	staruday	Sunday
Day 1	Day 2	Day3	Day4	Day5	Day6	Day7
10min Blackroll	10min Stability for legs		10min blackroll	10min stability		rest or do
Koordination Ladder linaer, lateral 5x2	Mobility Ginastica Natural Animal Walks	Stetching Mobility 30min	Koordination Ladder linaer, lateral 5x2	Mobility Ginastica Natural Animal Walks	Stetching Mobility 30min	Vertikal Climp or Rowing 2000m core
Planks - 30sec 1. Plank staight/backward 2. side Plank holding 3. side Plank up and down 4. Guardpulls down 40x 5. Situps with pushdown 20x2	lateral movemenst with tire or jumps Sprints Jerks and Straight Jumps 3x10	Sparring 8x/10min	Planks - 30sec 1. Plank staight/backward 2. side Plank holding 3. side Plank up and down 4. Guardpulls down 40x 5. Situps with pushdown 20x2	lateral movemenst with tire or jumps Sprints jerks and straight Jumps 3x10	sparring 8x/10min	100 Medizinball throws 100 side core 100 straight core Circeltraining: Trusters 3x12 Rows mit barbell 3x12 Lunges 3x12 any exercise you want
KB clean a press 3x12 Battlerope on Ball 3x30sec deadlifts and pullups with weight week 1: 6x3 week 2: 4x5 Rest: Rep 10-15sec Rest: Set 3-5 min Clustertraining and superset 1 arm rows dumpell + standup with MB 6x3 and 10x as fast as possible Takedowntraining 3min/2 Sparring 5x/10min	frontsquats and penchpress dumpells 6x3 Bizeps/trizeps 4x8 Crawl with belt 6x10sec sparring 3x/10min		KB clean a press, Battlerope 3x15 and 3x30sec like monday speedDrills 2 min/5	 like thuesday sparring 5x/10min		

Koordination
Speed/Explosive
Core
weight training
mobility
Endurance

Let me know if you need any help

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