

# Programming across the fight plan

- The general preparatory phase

Work-to-rest ratio	Work interval	Rest interval	Metabolic target	Example workouts	Phase of training
1:0.5	5 min	2-3 min	Oxidative	3-6x(5min on, 2min off) 3-4x(5 min on, 1 min off, 2min build-up)	General prep (early)
1:05 to 1:1	4 min	3-4 min	Oxidative	4-6x(4min on, 3min off, 1min build-up) 3-4x(4min on, 2min off, 2min build-up)	General prep (early/mid)
1:1 to 1:1.5	3 min	4-6 min	Oxidative	5-8x(3min on, 2min off, 1min build-up) 6x(3min on, 3min off, 1min build-up)	General prep (early/mid)
1:3 to 1:4	2 min	6-8 min	Aerobic glycolytic	5-8x(2min on, 7min off, 1min build-up)	General prep (early/mid/late)

# Programming across the fight plan

- The fight-specific phase

Work-to-rest ratio	Work interval	Rest interval	Metabolic target	Example workouts	Phase of training
1:0.5	2 min	1 min	Aerobic glycolytic /PCr resynthesis	6-12x(2min on, 45s off, 15s build-up)	Fight-specific (early/mid)
1:0.5 to 1:1.5	2 min	1-3 min	Aerobic glycolytic / buffering	6-12x(2min on, 2min off, 1min build-up)	Fight-specific (early/mid)
1:3 to 1:4	70-90 s	4-6 min	Anaerobic glycolysis	5-8x(90s on, 5 min off, 1min build-up) 5-8x(80s on, 5 min off, 1min build-up) 5-8x(70s on, 4 min off, 1min build-up)	Fight-specific (early/mid)
1:4 to 1:5	40-60 s	4-5 min	Anaerobic glycolysis	8-10x(60s on, 4min off, 1min build-up) 8-10x(50s on, 3min off, 1min build-up) 8-10x(40s on, 3min off, 1min build-up)	Fight-specific (mid/late)

## Fighter's drill

2-7 x (3-5 min on, 1 min off)

All energy systems targeted (and metabolite buffering)



# Programming across the fight plan

- The fight camp

Work-to-rest ratio	Work interval	Rest interval	Metabolic target	Example workouts	Phase of training
1:5 to 1:6	30 s	2-3 min	ATP-PCr	4-8x(30s on, 2min off, 1min build-up)	Fight camp (early)
1:3	30 s	90 s	ATP-PCr / buffering	8x(30s on, 60s off, 30s build-up)	Fight camp (early)
1:6 to 1:7	15-20 s	1.5-2.5 min	ATP-PCr	7-10x(20s on, 2min off, 30s build-up) 10x(15s on, 1.5min off, 30s build-up)	Fight camp (early/mid)
1:12	10 s	2 min	ATP-PCr	15x(10s on, 1.5min off, 30s build-up)	Fight camp (mid/late)
1:10	5-6 s	1 min	ATP-PCr/ buffering	15x(6s on, 1min light jog)	Fight camp (mid/late)
1:10	5-6 s	1 min	ATP-PCr/ buffering	[6x(6s on, 10s off), take 3 minutes rest], perform 3 to 6 times	Fight camp (mid/late)

## Fighter's drill

2-7 x (3-5 min on, 1 min off)

All energy systems targeted (and metabolite buffering)



# Programming across the fight plan

- The fight camp (last 2 weeks)

Work-to-rest ratio	Work interval	Rest interval	Metabolic target	Example workouts	Phase of training
1:30	30 s	10 min	ATP-PCr/glycolytic enzymes	7-10x(30s on, 5 min off, 4min light jog, 1min build-up)	Fight camp (Mid)
1:45	20 s	15 min	ATP-PCr Glycolytic enzymes	4-5x(20s on, 10 min off, 4min light jog, 1 min build-up)	Fight camp (Mid/late)
1:20	5-6 s	1.5 min	ATP-PCr	15x(5s on, 1min off, 15s build-up)	Fight camp (Early)

## Fighter's drill

2-7 x (3-5 min on, 1 min off)

All energy systems targeted (and metabolite buffering)



# Programming across the fight plan

- The taper

Work-to-rest ratio	Work interval	Rest interval	Metabolic target	Example workouts	Phase of training
1:30	30 s	10 min	ATP-PCr/glycolytic enzymes	7-10x(30s on, 5 min off, 4 min light jog, 1min build-up)	Taper (Early)
1:45	20 s	15 min	ATP-PCr / glycolytic enzymes	4-5x(20s on, 10 min off, 4min light jog, 1min build-up)	Taper (Mid)
1:20	5-6 s	1.5 min	ATP-PCr	15x(5s on, 1min off, 15s build-up)	Taper (Late)

Fighter's drill not recommended (Maybe at start of taper)  
2-7 x (3-5 min on, 1 min off)  
All energy systems targeted (and metabolite buffering)



# Programming across the fight plan

- The transition

Work-to-rest ratio	Work interval	Rest interval	Metabolic target	Example workouts	Phase of training	Type of activity
n/a	n/a	n/a	Oxidative	n/a	Transition (early)	Non-contact intermittent high intensity games (basketball, squash)
1:1	5 min	5 min	Oxidative	2-6x(5min on, 5min off) 2-6x(5 min on, 3 min off, 2min build-up)	Transition (mid)	whole body movements; swimming, cycling, some running
1:0.5	5 min	2-3 min	Oxidative	4-6x(5min on, 2min off, 1 min build-up) 4-6x(5 min on, 1 min off, 2min build-up)	Transition (late)	"

# Programming across the fight plan

- Recovery week workouts

Example workout	Phase of training	Type of activity
Basketball, squash, etc.	Any time	Non-contact intermittent high intensity games (basketball, squash)
10 to 20 min activity at 50 % of your maximum heart rate, followed by 10 to 20 minutes of stretching	Any time	whole body movements; swimming, cycling, some running
2-4x(5min on, 5min off, 1 min build-up)** OR 2-6x(5 min on, 3 min off, 2min build-up)**	Any time	“

\*\*Both workouts should be around 50 % of your maximum heart rate, followed by 10 to 20 minutes of stretching

# Programming across the fight plan

- Warm-ups

Example workout	When to use	Type of activity
Maintain heart rate around 35 % of your maximum until you start to sweat.	Before aerobic workout	Whole body
The goal is to increase baseline oxygen use without undue fatigue. Warm up for 5 to 10 minutes at 70 % to 80 % of your max heart rate, then recover for 5 minutes before the workout.	Before any anaerobic glycolysis workout	“
The goal is to increase muscle temperature, but allow enough time to resynthesize PCr before the session. Warm up at 60 % to 70 % of your max heart rate for 5 to 10 minutes, followed by 5 minutes of recovery. Avoid explosive movements before, as this may deplete muscle glycogen and impair your performance	Before any ATP-PCr workout	“



# Programming across the fight plan

- Cool-downs

Example workout	When to use	Type of activity
The optimal method to remove lactate appears to be to undertake a cool-down for 20 minutes at a pace that is slightly higher than your self-selected comfortable pace.	After any workout	Whole body