

SWISSFENCING - HOME TRAINING

Flavio Da Silva Souza



ATHLET

WEEK

WEEK 16, 13.04.-19.04.2020

	MONDAY 13.04.20	TUESDAY 14.04.20	WEDNESDAY 15.04.20	THURSDAY 16.04.20	FRIDAY 17.04.20	SATURDAY 18.04.20	SUNDAY 19.04.20
MORNING TRAINING	EXPLOSIVENESS AND SPEED CIRCUIT EASY 1 Set ☐ MEDIUM 2 Sets ☐ HARD 3-4 Sets ☐	 RUNNING 30' - 40' ENDURANCE RUN EASY Pace 07:30 min/km ☐ MEDIUM Pace 06:30 min/km ☐ HARD Pace 05:30 min/km ☐ Stretching 10' ☐	YOGA 15'	UPPER BODY STRENGTH CIRCUIT EASY 1 Set ☐ MEDIUM 2 Sets ☐ HARD 3-4 Sets ☐	EXPLOSIVENESS AND SPEED CIRCUIT EASY 1 Set ☐ MEDIUM 2 Sets ☐ HARD 3-4 Sets ☐	FOOTWORK F2 HANDWORK H1 + H2 NORMAL 3 Sets ☐ EXTRA TIME 4 Sets ☐ Rope skipping 3 x 3' (all 15" fast) ROPE ☐	YOGA 15'
	FOOTWORK 2x F5 NORMAL 3 Sets ☐ EXTRA TIME 4 Sets ☐ Rope skipping 3 x 3' (all 15" fast) ROPE ☐	LEG STRENGTH CIRCUIT EASY 1 Set ☐ MEDIUM 2 Sets ☐ HARD 3-4 Sets ☐	FOOTWORK F1 HANDWORK H1 + H2 NORMAL 3 Sets ☐ EXTRA TIME 4 Sets ☐ Rope skipping 3 x 3' (all 15" fast) ROPE ☐	FOOTWORK 2x F5 NORMAL 3 Sets ☐ EXTRA TIME 4 Sets ☐ Rope skipping 3 x 3' (all 15" fast) ROPE ☐	 RUNNING 30' - 40' ENDURANCE RUN EASY Pace 07:30 min/km ☐ MEDIUM Pace 06:30 min/km ☐ HARD Pace 05:30 min/km ☐ Stretching 10' ☐	BASIC STRENGTH CIRCUIT EASY 1 Set ☐ MEDIUM 2 Sets ☐ HARD 3-4 Sets ☐	UPPER BODY STRENGTH CIRCUIT EASY 1 Set ☐ MEDIUM 2 Sets ☐ HARD 3-4 Sets ☐
AFTERNOON TRAINING	MONDAY 😊😐😞	TUESDAY 😊😐😞	WEDNESDAY 😊😐😞	THURSDAY 😊😐😞	FRIDAY 😊😐😞	SATURDAY 😊😐😞	SUNDAY 😊😐😞

😊 = easy 😐 = hard 😞 = to hard

If you have any questions please contact Flavio Da Silva Souza [CLICK HERE!](#)

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ATHLET

FOCUS

Foundational Strength, Work Capacity

MOVEMENT
PREP

10 min Warmup (Skipping, Rope Skipping, Treadmill, stationary bike)

5 min Prestretching (Handwalk, Lateral Lunges, Backward and Forward Lunge, Stretch the Shoulder)

EXPLANATION

B1 - B10 BASIC STRENGTH CIRCUIT
L1 - L10 LEG STRENGTH CIRCUIT
U1 - U10 UPPER BODY STRENGTH CIRCUIT

BASIC STRENGTH CIRCUIT	Exercise	Sets	Reps	Rest	TEMP	DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹			
						Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
B1	SPLIT SQUAT - ISO HOLD	2-3	60"ea	30"																					
B2	PUSH UP	2-3	60"	30"																					
B3	ROMANIAN DEADLIFT	2-3	60"ea	30"																					
B4	DEAD BUG	2-3	60"	30"																					
B5	LATERAL LEG RAISE	2-3	60"ea	30"																					
B6	COPENHAGEN ADDUCTION - ISO HOLD	2-3	60"ea	30"																					
B7	SQUAT - ISO HOLD	2-3	60"	30"																					
B8	PLANK STEP UP	2-3	60"	30"																					
B9	GLUTE BRIDGE	2-3	60"	30"																					
B10	T ROTATION	2-3	60"	30"																					

LEG STRENGTH CIRCUIT	Exercise	Sets	Reps	Rest	TEMP	DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹			
						Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
L1	BACK LUNGE - HIGH KNEE	2-3	40"ea	40"																					
L2	KNEE UP (SKIPPING)	2-3	60"	40"																					
L3	STANDING LEG RAISE - ISO HOLD	2-3	40"ea	40"																					
L4	SINGLE LEG FLOOR BRIDGE	2-3	40"ea	40"																					
L5	BULGARIAN SPLIT SQUAT	2-3	60"ea	40"																					
L6	SPLIT JUMPS	2-3	60"	30"																					
L7	SINGLE LEG CHAIR POSE - ISO HOLD	2-3	40"ea	40"																					
L8	SINGLE LEG SQUAT	2-3	40"ea	40"																					
L9	KNEE UP	2-3	60"ea	40"																					
L10	SQUAT JUMPS	2-3	40"ea	40"																					

UPPER BODY STRENGTH CIRCUIT	Exercise	Sets	Reps	Rest	TEMP	DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹			
						Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
U1	PLANK - ISO HOLD	2-3	60"	30"																					
U2	PUSH UP SHUFFLE	2-3	40"	30"																					
U3	REVERSE SNOW ANGEL	2-3	60"	30"																					
U4	ARM CIRCLES FORWARD	2-3	60"	30"																					
U5	SIDE PLANK - ISO HOLD	2-3	60"ea	30"																					
U6	SIDE PUSH UP	2-3	40"	30"																					
U7	ARM CIRCLES BACKWARDS	2-3	60"	30"																					
U8	SUPERMAN - ISO HOLD	2-3	60"	30"																					
U9	SHOULDER PUSH UP	2-3	60"	30"																					
U10	DOLPHIN - ISO HOLD	2-3	60"	30"																					

There is a video link to all exercises [CLICK HERE!](#)

ea = each side

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ATHLET

FOCUS

Improve explosiveness and speed (by jumps and plyometry), footwork, handwork and coordination

MOVEMENT
PREP

10 min Warmup (Skipping, Rope Skipping, Treadmill, stationary bike)

5 min Prestretching (Handwalk, Lateral Lunges, Backward and Forward Lunge, Stretch the Shoulder)

EXPLANATION

J1 - J5 BASIC STRENGTH CIRCUIT
F1 - F5 FOOTWORK, H1 - H5 HANDWORK AND PRECISION
C1 - C10 COORDINATION

EXPLOSIVENESS AND SPEED CIRCUIT	Exercise	Level	Sets	Reps	Rest	DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹			
						Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
J1	VERTICAL JUMPS - (2 LEVELS)	1	2-3	15	60"																				
J1	VERTICAL JUMPS - (2 LEVELS)	2	2-3	10	60"																				
J2	SIDE JUMPS - (3 LEVELS)	1	2-3	30	60"																				
J2	SIDE JUMPS - (3 LEVELS)	2	2-3	20	60"																				
J3	JUMPS TO LUNGE - (3 LEVELS)	1	2-3	10 ea	60"																				
J3	JUMPS TO LUNGE - (3 LEVELS)	2	2-3	10 ea	60"																				
J4	"EN GARDE" JUMPS - (3 LEVELS)	1	2-3	15 ea	60"																				
J4	"EN GARDE" JUMPS - (3 LEVELS)	2	2-3	10 ea	60"																				
J5	"EN GARDE" BACKWARD JUMPS - (3 LEVELS)	1	2-3	15 ea	60"																				
J5	"EN GARDE" BACKWARD JUMPS - (3 LEVELS)	2	2-3	10 ea	60"																				

FOOTWORK / HANDWORK	Exercise	Sets	Reps	Rest	TEMP	DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹			
						Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
F1	PLACING	3-4	3'	1'																					
F2	KEEP THE DISTANCE	3-4	3'	1'																					
F3	CHANGING THE RHYTHM	3-4	3'	1'																					
F4	PLYOMETRIC (ROPE SKIPPING)	3-4	3'	1'																					
F5	DECISION	3	3'	1'																					
H1	POINT CONTROL TARGETS	3	2'	1'																					
H2	POINT CONTROL 4 AND 6 LINE	2	1'	1'																					
H3	FIND THE MOMENT																								
H4	DIFFERENT TARGETS																								
H5																									

COORDINATION	Exercise	Sets	Reps	Rest	TEMP	DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹				DATE: ☺ ☹ ☹ ☹			
						Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
C1																									
C2																									
C3																									
C4																									
C5																									
C6																									
C7																									
C8																									
C9																									
C10																									

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