

SWISSFENCING - HOME TRAINING

Flavio Da Silva Souza



ATHLET

WEEK

WEEK 19, 04.05. - 10.05.2020

	MONDAY 04.05.20	TUESDAY 05.05.20	WEDNESDAY 06.05.20	THURSDAY 07.05.20	FRIDAY 08.05.20	SATURDAY 09.05.20	SUNDAY 10.05.20
MORNING TRAINING	EXPLOSIVENESS AND SPEED CIRCUIT EASY 1 Set ☐ MEDIUM 2 Sets ☐ Rope skipping F4 3 x 3' ☐ 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' ☐	TRAIN THE FLEXIBILITY 20'	EXPLOSIVENESS AND SPEED CIRCUIT EASY 1 Set ☐ MEDIUM 2 Sets ☐ Rope skipping F4 3 x 3' ☐ ROPE ☐	LEG STRENGTH CIRCUIT EASY 1 Set ☐ MEDIUM 2 Sets ☐ HARD 3-4 Sets ☐	FOOTWORK 1 x F3 + 1 x F4 COORDINATION 2 x B2 (TRAIN THE BRAIN LEVEL 2) NORMAL 3 x 3' ☐ EXTRA TIME 4 x 3' ☐ Rope skipping F4 3 x 3' ☐ ROPE ☐	TRAIN THE FLEXIBILITY 20'
	BASIC STRENGTH CIRCUIT EASY 1 Set ☐ MEDIUM 2 Sets ☐ HARD 3-4 Sets ☐	LEG STRENGTH CIRCUIT EASY 1 Set ☐ MEDIUM 2 Sets ☐ HARD 3-4 Sets ☐	FOOTWORK 1x F1 + 1x F5 COORDINATION 2x B1 (TRAIN THE BRAIN LEVEL 1) NORMAL 3 x 3' ☐ EXTRA TIME 4 x 3' ☐ Rope skipping 3 x 3' (all 15" fast) ☐ ROPE ☐	UPPER BODY STRENGTH 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' ☐	EXPLOSIVENESS AND SPEED CIRCUIT EASY 1 Set ☐ MEDIUM 2 Sets ☐ Rope skipping F4 3 x 3' ☐ ROPE ☐	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!](#)

SWISSFENCING - HOME TRAINING

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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!](#)

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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 - C5 COORDINATION, B1 - B5 TRAIN THE BRAIN

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)	2	2-3	30	60"																				
J2	SIDE JUMPS - (3 LEVELS)	3	2-3	20	60"																				
J3	JUMPS TO LUNGE - (3 LEVELS)	2	2-3	10 ea	60"																				
J3	JUMPS TO LUNGE - (3 LEVELS)	3	2-3	10 ea	60"																				
J4	"EN GARDE" JUMPS - (3 LEVELS)	2	2-3	15 ea	60"																				
J4	"EN GARDE" JUMPS - (3 LEVELS)	3	2-3	10 ea	60"																				
J5	"EN GARDE" BACKWARD JUMPS - (3 LEVELS)	2	2-3	15 ea	60"																				
J5	"EN GARDE" BACKWARD JUMPS - (3 LEVELS)	3	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	3	1'	1'																					
H3	FIND THE MOMENT	3	2'	1'																					
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	EYE HAND COORDINATION	3	2'	1'																					
C2	ARM LEG COORDINATION	3	2'	1'																					
C3																									
C4	FOOTWORK WITH THE TENNIS BALL	3	3'	1'																					
C5	AGILITY LADDER	3	3'	1'																					
B1	TRAIN THE BRAIN LEVEL 1	3	3'	1'																					
B2	TRAIN THE BRAIN LEVEL 2	3	3'	1'																					
B3																									
B4																									
B5																									

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