

SWISSFENCING - HOME TRAINING

Flavio Da Silva Souza



ATHLET

WEEK

WEEK 20, 11.05. - 17.05.2020

	MONDAY 11.05.20	TUESDAY 12.05.20	WEDNESDAY 13.05.20	THURSDAY 14.05.20	FRIDAY 15.05.20	SATURDAY 16.05.20	SUNDAY 17.05.20
MORNING TRAINING	2x FOOTWORK B1	EXPLOSIVENESS AND SPEED CIRCUIT EASY 1 Set ☐ MEDIUM 2 Sets ☐ HARD 3-4 Sets ☐	UPPER BODY STRENGTH CIRCUIT MEDIUM 1 Set ☐ HARD 2 Sets ☐ Stretching 10' ☐	 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 ☐ HARD 3-4 Sets ☐	UPPER BODY STRENGTH CIRCUIT MEDIUM 1 Set ☐ HARD 2 Sets ☐ Stretching 10' ☐	Progressive Muscle Relaxation Train
	UPPER BODY STRENGTH CIRCUIT MEDIUM 1 Set ☐ HARD 2 Sets ☐ Stretching 10' ☐	LEG STRENGTH CIRCUIT EASY 1 Set ☐ MEDIUM 2 Sets ☐ HARD 3-4 Sets ☐	Coordination C1 Coordination C2	UPPER BODY STRENGTH CIRCUIT MEDIUM 1 Set ☐ HARD 2 Sets ☐ Stretching 10' ☐	LEG STRENGTH CIRCUIT EASY 1 Set ☐ MEDIUM 2 Sets ☐ HARD 3-4 Sets ☐	2x FOOTWORK B2	BASIC STRENGTH CIRCUIT MEDIUM 1 Set ☐ HARD 2 Sets ☐ Stretching 10' ☐
AFTERNOON TRAINING	☺ MONDAY ☺ = easy = hard = to hard	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

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: ☹️ 😊 ☹️			
							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		1-2	90"ea	60"																	
B2	PUSH UP		1-2	90"	60"																	
B3	ROMANIAN DEADLIFT		1-2	90"ea	60"																	
B4	DEAD BUG		1-2	90"	60"																	
B5	LATERAL LEG RAISE		1-2	90"ea	60"																	
B6	COPENHAGEN ADDUCTION - ISO HOLD		1-2	90"ea	60"																	
B7	SQUAT - ISO HOLD		1-2	90"	60"																	
B8	PLANK STEP UP		1-2	90"	60"																	
B9	GLUTE BRIDGE		1-2	90"	60"																	
B10	T ROTATION		1-2	90"	60"																	

LEG STRENGTH CIRCUIT	Exercise		Sets	Reps	Rest	TEMP	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
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: ☹️ 😊 ☹️			
							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		1-2	90"	60"																	
U2	PUSH UP SHUFFLE		1-2	60"	60"																	
U3	REVERSE SNOW ANGEL		1-2	90"	60"																	
U4	ARM CIRCLES FORWARD		1-2	90"	60"																	
U5	SIDE PLANK - ISO HOLD		1-2	90"ea	60"																	
U6	SIDE PUSH UP		1-2	60"	60"																	
U7	ARM CIRCLES BACKWARDS		1-2	90"	60"																	
U8	SUPERMAN - ISO HOLD		1-2	90"	60"																	
U9	SHOULDER PUSH UP		1-2	90"	60"																	
U10	DOLPHIN - ISO HOLD		1-2	90"	60"																	

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

ea = each side



= easy



= hard



= to hard

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Flavio Da Silva Souza



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					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
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					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
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					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
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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