

SWISSFENCING - HOME TRAINING

Flavio Da Silva Souza



ATHLET

WEEK

WEEK 21, 18.05. - 24.05.2020

	MONDAY 18.05.20	TUESDAY 19.05.20	WEDNESDAY 20.05.20	THURSDAY 21.05.20	FRIDAY 22.05.20	SATURDAY 23.05.20	SUNDAY 24.05.20
MORNING TRAINING	2x B3COORDINATION (FOOTWORK)	UPPER BODY STRENGTH CIRCUIT	BASIC STRENGTH CIRCUIT	LEG STRENGTH CIRCUIT	UPPER BODY STRENGTH CIRCUIT	LEG STRENGTH CIRCUIT	Beginner Flexibility Routine 15'
		MEDIUM 1 Set	MEDIUM 1 Set	EASY 1 Set	MEDIUM 1 Set	EASY 1 Set	
		HARD 2 Sets	HARD 2 Sets	MEDIUM 2 Sets	HARD 2 Sets	MEDIUM 2 Sets	
		Stretching 10'	Stretching 10'	HARD 3-4 Sets	Stretching 10'	HARD 3-4 Sets	
AFTERNOON TRAINING	LEG STRENGTH CIRCUIT	 RUNNING 30' - 40' ENDURANCE RUN	Coordination	 RUNNING 30' - 40' ENDURANCE RUN	2x B3COORDINATION (FOOTWORK)	BASIC STRENGTH CIRCUIT	 RUNNING 30' - 40' ENDURANCE RUN
	EASY 1 Set	EASY Pace 07:30 min/km	C1EYE HAND COORDINATION	EASY Pace 07:30 min/km	2x B3COORDINATION (FOOTWORK)	MEDIUM 1 Set	EASY Pace 07:30 min/km
	MEDIUM 2 Sets	MEDIUM Pace 06:30 min/km	C2ARM LEG COORDINATION	MEDIUM Pace 06:30 min/km		HARD 2 Sets	MEDIUM Pace 06:30 min/km
	HARD 3-4 Sets	HARD Pace 05:30 min/km	C2ARM LEG COORDINATION	HARD Pace 05:30 min/km		Stretching 10'	HARD Pace 05:30 min/km
☺☹☹☹	Stretching 10' ☺☹☹☹	☺☹☹☹	Stretching 10' ☺☹☹☹	☺☹☹☹		Stretching 10' ☺☹☹☹	Stretching 10' ☺☹☹☹
	☺MONDAY☹☹☹☹	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

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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	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: 😊 😐 😞				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	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

[If you have any questions please contact Flavio Da Silva Souza 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																								
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	TRAIN THE BRAIN LEVEL 3	3	3'	1'																					
B4																									
B5																									

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