



## 8-WEEK TRAINING CAMP

### TRAIN TO WIN

This guide was developed by Mundo Boxing in order to facilitate the realization of the training sessions offered under the guidance of Dr. Pedro Díaz. This document will help making the sessions more effective, and will discuss all the fundamental and complementary activities throughout this training camp. Besides, these orientations are part of a series of books, videos and other publications of didactic content that BOXING UNIVERSITY will deliver to its subscribers.

The guide below will give you all the instructions you need for a successful training camp.

#### I. General concept of the training guide

The training classes are part of a general training plan which has the following characteristics and requirements:

- a) There are **8 weeks** of training scheduled before an important competition or combat.
- b) The first **training session** will be used to explain the structure of the training plan to the boxers.
- c) The plan covers all types of **preparation** and is developed considering the relationship between general, special and competitive **exercises** and **methods**.
- d) The content of each session throughout the 8-week camp will be specified. **Complementary tasks** are also added which will allow perfecting and consolidating the targeted level of preparation.
- e) The **complementary tasks** are suggesting exercises to be executed in the presence of a trainer, in order to enrich and optimize preparation for a fight.
- f) There will be **performance control sessions** held in order to evaluate the progress and level of preparation based on medical observations.
- g) All athletes will receive feedback in case they need to clarify any doubts and will be able to send an email to [info@boxinguniversity.org](mailto:info@boxinguniversity.org) with their questions.
- h) Instructions for **sparring** will be included in the manual. Thus, it is necessary for the boxer to know another boxer who is interested in supporting him throughout his preparation and can work with him during the designated sparrings or in the complementary sessions.



## II. General orientations for the participants.

### II.1. ABOUT THE TRAINING CLASSES:

#### II.1.1. PERSONALIZED ASPECT OF THE CLASSES

- a) During the 8 weeks of training, since it is considered the final phase of preparation for competition, you can see that the exercises are always methodologically indicated to respond to the individual characteristics of the boxers, their weight, height, age, training level, experience, etc.
- b) The highest grade of personalization is recommended during week 8, which is the last week before competition. For that reason, during this week, the physical and technical exercises are indicated to be chosen according to the individual characteristics of the boxers, starting from the knowledge about main strengths and weaknesses, corresponding with their fighting style, aiming to being able to fulfil a tactical plan in a fight against a specific boxer.

#### II.1.2. THE DOSAGE OF THE EXERCISES

- a) Here is an example of how to correctly perform exercises during this training camp: 1x3'x1'. The first number means how many times you have to realize the exercise, the second number is the workout time and the third number stands for the recovery time.
- b) All exercises in couples are performed in rounds and in this case 1x3'x1' would mean that one 3-minute round is executed, followed by one minute of rest.

#### II.1.3. METHODOLOGICAL INDICATIONS

- a) These indications aim at essential aspects of the exercises to ensure the quality of their execution.
- b) You will notice that it is generally recommended to follow indications from past classes, since they are closely related. That is to say, each training constitutes the basis for the next upcoming session. There are no isolated training classes. All classes are closely related which will ensure success in competition.



## II.2. ABOUT THE INITIAL PART: THE WARMUP

- a) All warmups will be done independently.
- b) The boxers have to be warmed up and **ready** before starting the main training.
- c) First they will have to do a general warmup, followed by a special warmup which is closely related to the training's goals. That is to say, if the training goal happens to be SPEED, then during the general and special warmup, there must be exercises that allow the boxer to prepare for fulfilling those training goals.
- d) The boxers can realize the warmup the way they feel most comfortable doing it, either from the top down or from the bottom up.
- e) At the beginning of the warmup, it is recommended to include stretching exercises before starting with the main warmup. It is important to avoid performing any stretching exercises in an abrupt manner.
- f) Consider pauses for recovery between exercises and the inclusion of coordination exercises with changes in direction, rhythm, length, amplitude, height, depth and effort, and the execution on both the left and right side. This allows not only preparing the muscles, but also the mind for the main part of the training.
- g) The warmup time is at the boxer's discretion but should not be longer than 30 minutes.

## II.3. ABOUT THE MAIN PART:

### II.3.1. WORKING IN COUPLES (DUOS)

- a) These exercises will always be based on the interaction between two boxers in an alternated way (Box-1 and Box-2).
- b) All the participating boxers have to be familiar with the numeric punching code, which will facilitate communication during training.
- c) At the beginning, the execution of all combinations will be based on mutual help. That is to say, one boxer helps the other to realize his exercise, taking into account what the main goal is. If the main goal is centered on attacking, then the defending boxer will help facilitating the execution of the attacking boxer.
- d) As soon as there is a good level of communication between boxers while realizing the combinations, the exercise can be executed with greater opposition, meaning that the boxer who was previously defending and facilitating the attack can now create a greater level of difficulty for the attacker in order to resemble more realistic combat conditions.
- e) You can realize multiple combinations in order to achieve the PURSUED GOAL in each training unit.



f) The trainer has to be aware that the complexity of combinations, the distance where they are executed, their dosage, rhythm and intensity, depend on the training level of the boxer, his tactical capacity and competitive experience.

g) While performing the exercises, the attacking boxer has to work with the DUALITY OF THOUGHT mentality. This means that while he is preparing to attack, he has to be aware that at the same time, he can be attacked too. The exercise will start being of mutual help, and can not be skipped, as it is a tactical requirement for combat. Hence it is important to OBSERVE-DECIDE-ACT with speed and fluency.

### **II.3.2. WORKING WITH THE PUNCH MITTS**

- a) Since these are online classes, the Mundo Boxing trainers won't be able to teach with punch mitts. However, we recommend each boxer's trainer to do this work. In the case of not having a trainer, hire a knowledgeable person to help you.
- b) The work with punch mitts won't be specifically discussed but it's part of the means we recommend to achieve excellence in the systematization of the preparation.
- c) Therefore, it's advisable that you work based on each classes' goal.
  - FIRSTLY, try to repeat the combinations practiced during class, ensuring a more personalized execution and the correction of errors.
  - SECONDLY, complement the work with punch mitts with additional aspects that the trainer considers important. If they are closely related with the class goals, even better.

### **II.3.3. SPARRING**

- a) Sparring is an exercise that allows performance control, by being able to evaluate the different aspects that define the competitive shape of the boxer.
- b) The sparring goals have to be directly linked with the content of the different preparations of the athlete.
- c) The frequency, time and dosage of the rounds, as well as the boxer's sparring partners, depend on the planning model followed by the trainer, the experience, and the boxer's mastery level.
- d) It is important to be aware that sparring can be performed in either a conditioned way and in a free way. Meaning that, on the one hand, the trainer can guide a tactical task to be executed by both boxers or by one of the boxers. And on the other hand, the boxer can choose the elements and actions that he will put into practice according to what has been learned during the last week of training.



#### II.4. THE FINAL PART OF THE CLASS

- a) This part of the class will include recovery exercises, guidelines for independent work and instructions for the next class.
- b) The **recovery exercises** will be done independently and can include jogging, breathing exercises, relaxation and stretching.
- c) **Jogging** will be done in a gentle rhythm, relaxing arms and legs, as well as breathing (inspiration and expiration) deeply and slowly. This jogging can last 3 to 5 minutes.
- d) **Stretching** will be realized on the floor focusing on the muscles which were most used during class. It's recommended to start slow and stretch while counting from 1 to 10, then hold that position for 15 seconds.
- e) The **independent work** will include tasks that will be related to the main observations made by the trainers and necessary corrections that need to be made.
- f) Focusing on **instructions for the next class** is an important aspect that demands the individual responsibility of each boxer. That includes:
  - Studying the next training before executing it.
  - Remember to always do a warmup in order to successfully perform the next class.
  - Select another boxer to realize the exercises in a way that there is a Boxer 1 and a Boxer 2.
  - For the sparring day, you have to select a boxer as well but it can also be the same boxer you have performed the exercises with.
  - Do not forget to have all equipment ready for the next class, in order to be able to execute all exercises and fulfil the class goals.