



Summer Training plan 2018/19

A training plan to
Increase your
fitness condition!

Pembroke Fencing U14 Summer Training Plan 2018/19



Overview

Date	Day	Description	Done
16.07.2018	Monday	30 Min Jogging + 15 Min Stability training	<input type="checkbox"/>
18.07.2018	Wednesday	Training program 1	<input type="checkbox"/>
20.07.2018	Friday	Training program 2	<input type="checkbox"/>
23.07.2018	Monday	30 Min Jogging + 15 Min Stability training	<input type="checkbox"/>
24.07.2018	Tuesday	Training program 1	<input type="checkbox"/>
27.07.2018	Friday	45 Min Jogging + 15 Min Stability training	<input type="checkbox"/>
30.07.2018	Monday	Training program 3	<input type="checkbox"/>
01.08.2018	Wednesday	Training program 2	<input type="checkbox"/>



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Preparatory exercises

		Reps	Times	Remark
1.	Skipping	100 jumps	2	
2.	„Jumping Jack“	1 Min	2	
3.	Handrail ("caterpillar track")	6	2	End position - forearm support
4.	Prisoner Squat Jumps	20	2	
5.	Lunge forward with stretching	20	2	Both tiptoes point to the front

Running-ABC

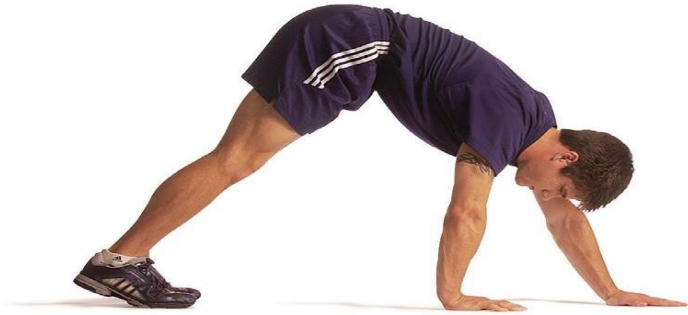
		Duration	Times	Remark
1.	Light jogging	2 Min	1	No race!
2.	Side steps	2 Min	2	Height frequency
3.	Heel kicks	1 Min	2	Relaxed
4.	High knee jogging	30 Sek	2	
5.	Cross steps	1 Min	2	Calm and tidy



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Preparatory exercises: explanation



"Caterpillar track" – forward and back



Cross steps



Side steps



High knee jogging

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Training program 1 Interval training

	Intensity	Duration	Repetitions
Sprint	60-70%	30 Seconds	8 each in turns
Light jogging		3 Minutes	
Light jogging		5 Minutes	
Sprints	100%	10 Seconds	6 each in turns
Light jogging		2 Minutes	
Cooldown		5 Minutes	

Stability training

4 times each - 30 seconds break between them

Plank	60 seconds
Lateral plank	30 seconds (each side)
Lunge step change jumps	60 seconds
Burpees	60 seconds
Lower back picture 1	30 seconds
Lower back picture 2	30 seconds (each leg)
Side to Side Jumping Lunges	30 seconds



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Training program 2 Speed training

	Duration	Times	Remark
Shuttle sprints	1 Min	3	
Alternating sprints	1 Min	3	
Reverse Sprint	1 Min	3	
"Frog jumps"	1 Min	3	As far as possible

Stability training

4 times each - 30 seconds break between them

Plank	60 seconds
Lateral plank	30 seconds (each side)
Lunge step change jumps	60 seconds
Burpees	90 seconds
Side to Side Jumping Lunges	30 seconds

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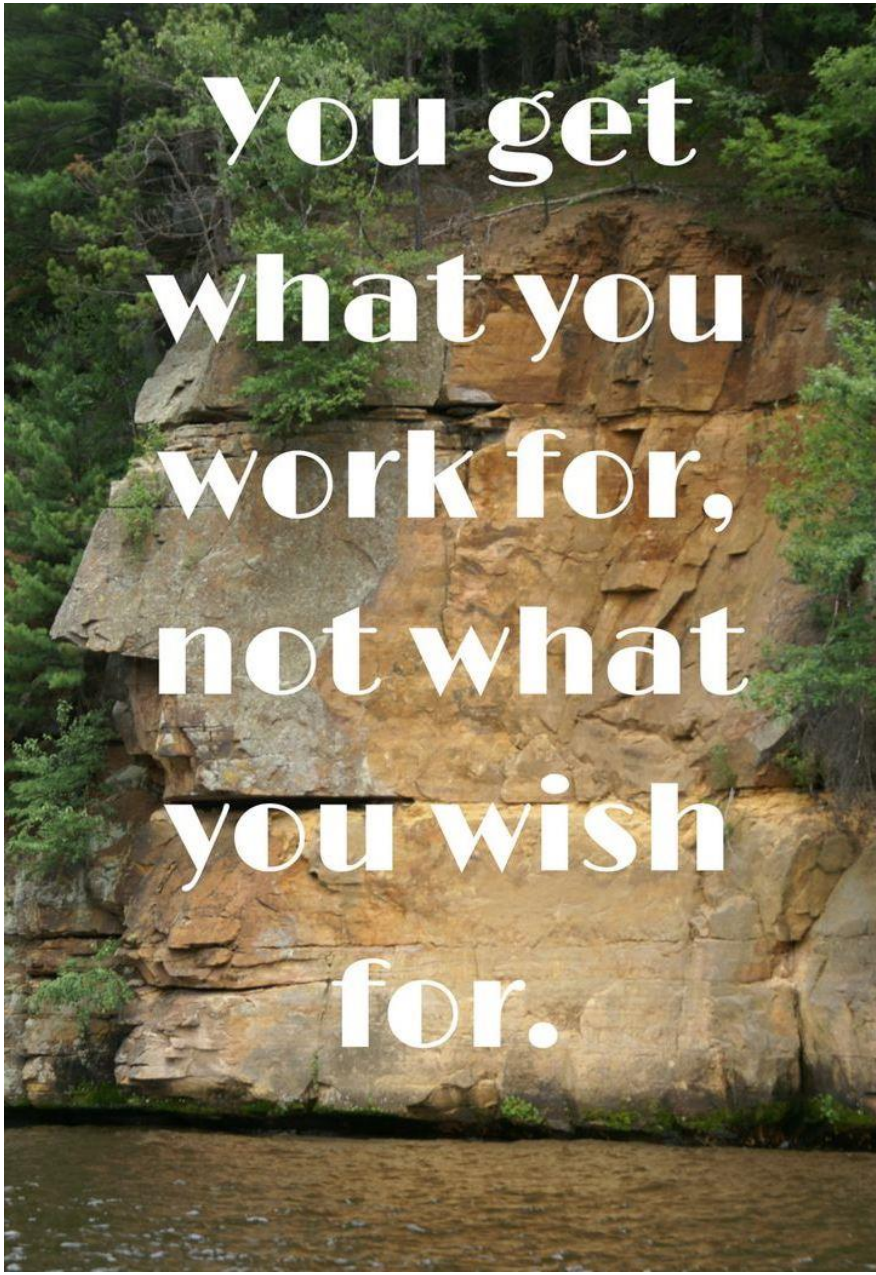
Training program 3 Interval Training

	Intensity	Duration	Repetitions
Challenging running	IMPORTANT: the speed must be consistent! 60%-70%	2 Minutes	3 each in turns
Light jogging		2 Minutes	
Sprints	100% maximum speed	15 Seconds	6 each in turns
Light jogging		3 Minutes	
Cooldown		8 Minutes	

Stability training

6 times each - 30 seconds break between them

Plank on elbows	60 seconds
Lateral plank	30 seconds (each side)
Lunge step change jumps	90 seconds
Burpees	90 seconds
Side to Side Jumping Lunges	45 seconds



**You get
what you
work for,
not what
you wish
for.**