

Coach:	Location	Date	Equipment
Mike	Madison		None

Objectives:

Drill	Duration (min)	Intensity	Comments
<b>General Warm Up</b>	5		
Jogging		Low	
High Knees		Low	
Butt Kickers		Low	
<b>Shadow Striking</b>	5		
Jab/Cross		Low	
Hooks		Low	
Uppercuts		Low	
Push Kicks			
Teep/Front Kick		Low	
Push Roundhouse		Low	
<b>Stretch</b>	5		
The Runner's Stretch		Low	

The Standing Side Stretch		Low	
Drill	Duration (min)	Intensity	Comments
The Forward Hang		Low	
The Low Lunge Arch		Low	
Back Twist		Low	
Catchers Stretch		Low	
Up Dog		Low	
Down Dog		Low	
Childs		Low	
Back Bend		Low	
Arm Circles		Low	
Wrist Circles		Low	
Neck Circles		Low	
<b>Core Class</b>	40 - 50	Low	
Jab/Cross		Low	
Hooks		Low	
Ski Switches		Low	
Uppercuts		Low	
Front Kicks		Low	
High Knees		Low	
Roundhouses		Low	
Jab/Cross Hook		Low	
Uppercut/Hook		Low	
Butt Kickers		Low	
Jab/Cross Front Kick		Low	
Hook Roundhouse		Low	
Bag Up Ski Switches		Low	

Drill	Duration (min)	Intensity	Comments
3 Jabs Switch (High,Med,Low)		Mid Level	
Double Front Kick		Mid Level	
Bag Up Butt Kickers		Mid Level	
3 Hooks (High,Med,Low)		Mid Level	
Double Roundhouse		Mid Level	
Slips		Mid Level	
Slip Uppercut		Mid Level	
Slip Uppercut, Hook		Mid Level	
Slip Uppercut, Hook, Hook		Mid Level	
3 Jabs Roundhouse		Mid Level	
100 Uppercuts		Mid Level	
Bounce Mini Squat		Mid Level	
Jab Lead Hook Switch			
Jab Lead Hook Cross Switch			
Jab Lead Hook Cross Switch			
Roundhouse Squat			
100 Hooks			
Front Kick Lunge			
100 Jab/Cross			
Knees			
Jab Cross Slip Uppercut		Intense	
Knee Front Kick		Intense	
Jab Cross Slip Uppercut Hook		Intense	
Call Out		Intense	
Bounce		Intense	
Attack		Intense	

Drill	Duration (min)	Intensity	Comments
Bike Crunch/Roll Up		Mid Level	
Everest Mountain Climbers		Mid Level	
Double Elbow Double Knees		Mid Level	
Swim Backs		Mid Level	
Donkey Squats		Mid Level	
Squats		Mid Level	
Push Ups		Mid Level	
Bag Twists		Low	
Bag Bridge		Low	
Up Dog		Low	
Down Dog		Low	
Catchers Stretch		Low	
Bend Over Flat Back		Low	
Reach To The Sky		Low	

Notes: