

12/26/13

Talk

Recap of first half of the season. Lessons learned...

Focus shift to dual tourneys

Warm up

Regular

Quick Drills

10 Minute Neutral Drill (Open)

Hand fighting

Sparring

Technique

None

Live

2 matches

Conditioning

Lift

Heavy Lift:

Dead Lift - 4 Sets of 4 (last two sets we close to 4 rep max, first two were used as a warm up)

Put half body weight on bar (heavy weights put 25-35 on each side of bar)

20 Seconds on 10 seconds off

Thruster – Upright Row – Push Press – Curl – Hang Clean (get as many reps as possible in 20 seconds.)

30 Pull- ups

Notes: