



# **FIGHT FIT PROGRAM**

***16-Week Training Guide***



**INITIAL MILE**



# INITIAL MILE

# 16-WEEK FIGHT FIT TRAINING PROGRAM

## TRAINING DETAILS

### *Who's this for?*

All levels.

### *Equipment Required:*

Pull-Up Bar | Dumbbells | Plyo Box

### *Program Focus:*

Build endurance. Increase strength. Learn martial art skills to improve overall fitness.

BEGINNER LEVEL: TRAIN IN LOW RPE RANGE

INTERMEDIATE: TRAIN BETWEEN LOW/MID RPE RANGE

ADVANCE: TRAIN IN HIGHEST RPE RANGE

#### References:

American College of Sports Medicine  
National Strength and Conditioning Association  
Taekwondo/Muay Thai/San Shou

## WEEK 1-2: BUILD CONSISTENCY

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
INITIAL TEST <hr/> BOXING WORKOUT	TOTAL BODY WEIGHT TRAINING WORKOUT	REST	TOTAL BODY WEIGHT TRAINING WORKOUT	BOXING WORKOUT	WALK/JOG 10-20 MIN. EASY PACE RPE: 2-3 Non-Training Day = Rest Day

The goal for weeks 1-2 is to ease into the program, acclimate your body to overall movement, build strength, learn essential fight skills and give the body time to adapt to a complete training program. For the first Monday of week 1, you will complete the Initial Test. The following Monday will be a boxing workout.

## WEEK 3-4: BUILD FOUNDATION

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
KICKBOXING WORKOUT	TOTAL BODY WEIGHT TRAINING WORKOUT	REST	TOTAL BODY WEIGHT TRAINING WORKOUT	KICKBOXING WORKOUT	WALK/JOG 15-25 MIN. EASY PACE RPE: 2-3 Non-Training Day = Rest Day

The goal for weeks 3-4 is to introduce kickboxing workouts. Warriors will continue to incorporate weight training to build overall muscular strength and weekend runs to train endurance.

## WEEK 5-6: PRACTICE AND LEARN NEW SKILLS

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
KICKBOXING WORKOUT	CAL/X WORKOUT	REST	CAL/X WORKOUT	KICKBOXING WORKOUT	JOG/RUN 20-30 MIN. MODERATE PACE RPE:4-6 <small>Non-Training Day = Rest Day</small>

The goal for weeks 5 and 6 is to introduce calisthenics and include more jogging and running rather than walking.

## WEEK 7-8: PRACTICE SKILLS. BUILD ENDURANCE.

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
MUAY THAI WORKOUT	CAL/X WORKOUT	REST	CAL/X WORKOUT	MUAY THAI WORKOUT	JOG/RUN 25-35 MIN. MODERATE PACE RPE:4-6 <small>Non-Training Day = Rest Day</small>

The goal for weeks 7 and 8 is to introduce Muay Thai also known as the art of training the 8 limbs.

## WEEK 9-12: SHARPEN SKILLS. BUILD ENDURANCE. BUILD STRENGTH.

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
MUAY THAI WORKOUT + TOTABL BODY WEIGHT TRAINING	JOG/RUN 30-45 MIN. MODERATE PACE RPE:4-6	MUAY THAI WORKOUT + TOTABL BODY WEIGHT TRAINING	JOG/RUN 30-45 MIN. MODERATE PACE RPE:4-6	MUAY THAI WORKOUT + CAL/X WORKOUT	SPRINT WORKOUT MOD.-HARD RPE:8-10 <small>Non-Training Day = Rest Day</small>

Weeks 9-12 is considered the “bulk” of training which offers a balance between different training styles. These weeks include double days, weight training and calisthenics training in addition to sprint workouts.

## WEEK 13-14: STRENGTH AND ENDURANCE

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
MUAY THAI WORKOUT + CAL/X WORKOUT	JOG/RUN 40-60 MIN. MODERATE PACE RPE:4-6	MUAY THAI WORKOUT + CAL/X WORKOUT	JOG/RUN 40-60 MIN. MODERATE PACE RPE:4-6	MUAY THAI WORKOUT + CAL/X WORKOUT	SPRINT WORKOUT MOD.-HARD RPE:8-10  Non-Training Day = Rest Day

In weeks 13-14, weight training is replaced by additional calisthenics workouts to improve and maintain muscular strength as you continue to build your endurance.

## WEEK 15: TAPER WEEK

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
MUAY THAI WORKOUT	JOG/RUN 30 MIN. MODERATE PACE RPE:4-6	MUAY THAI WORKOUT	JOG/RUN 30 MIN. MODERATE PACE RPE:4-6	REST	SPRINT WORKOUT MOD.-HARD RPE:8-10  Non-Training Day = Rest Day

The goal for week 15 is to decrease the amount of activity to provide your body sufficient rest before you test your progress in week 16.

## WEEK 16: INITIAL TEST WEEK

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
MUAY THAI WORKOUT	JOG/RUN 20-30 MIN. MODERATE PACE RPE:4-6	MUAY THAI WORKOUT	JOG/RUN 20-30 MIN. MODERATE PACE RPE:4-6	REST	TEST DAY

Week 16 includes decreasing the amount of activity, allowing you to unleash your inner warrior on test day.

## ***INITIAL TEST***

**This circuit was created to help warriors test their overall strength, endurance and speed. To complete this test, complete each exercise in sequential order as fast as you can. Although optional, it's recommended to measure your heart rate during the test as that can be an additional measurement of fitness in addition to your finishing time.**

**1.Run 1 Mile**

**2.Complete 25 Push-Ups**

**3.Complete 50 box jumps measured  
at your knee height**

**4.Complete a total of 100 straight  
punches.**

**5.Complete a 100 yard farmers  
carry using 25%-50% of your  
bodyweight**

**6.Run 1 mile**



# SAMPLE WORKOUTS

## Walk/Jog Workout Sample

### Option 1:

Alternate between  
Walk - 60 seconds  
Jog - 60 seconds

### Option 2:

Alternate between  
Walk - 30 seconds  
Jog - 30 seconds

### Option 3:

Alternate between  
Walk - 60 seconds  
Jog - 15 seconds

## Speed Workout Sample

**Rest 30-90 sec.  
between each sprint**

Sprint 1: 1 minute  
Sprint 2: 2 minutes  
Sprint 3: 3 minutes

Sprint 4: 4 minutes  
Sprint 5: 5 minutes  
Sprint 6: 4 minutes

Sprint 7: 3 minutes  
Sprint 8: 2 minutes  
Sprint 9: 1 minute

*\*Decrease speed as  
necessary as the time  
length of sprint  
increases.*

## Weight Training

**Complete workout in  
sequential format for 3-4  
rounds. Rest 15-30 sec.  
between each exercise and  
30-60 sec. between  
rounds. 10-12 Reps. each  
exercise. Use medium-  
heavy weight.**

- 1.DB Chest Press
- 2.DB Renegade Row
- 3.DB Shoulder Press
- 4.DB Step Up
- 5.DB Hip Bridge

## CAL/X Sample

**Complete workout in  
circuit format for 3-4  
rounds. Rest 15-30 sec.  
between each exercise  
and 30-60 sec. between  
rounds. Complete each  
exercise for 45-60 sec.**

- 1.Push-Up to Toe Touch
- 2.Jump Squats
- 3.Pull-Up
- 4.Skaters
- 5.Dragon Crawl

## Fight Fit Workouts

**Complete three, 3 minute  
rounds for the chosen  
fight style. Rest 1 minute  
between each round.**

### Boxing

Jab + Cross + Hook +  
Uppercut

### Kickboxing

Jab + Cross + Push Kick

### Muay Thai

Jab + Cross + Left and Right  
Elbow + Right and Left Push  
Kick

*\*More comprehensive  
workouts can be found in  
Initial Mile Fight Fit workout  
library.*



## FAQ's

### ***What is CAL/X?***

CAL/X is our abbreviated version for calisthenics. Calisthenics are exercises performed without external weights and only using our body weight.

### ***What is Taper?***

Taper is a term used in the endurance world that represents the week(s) before race day. During this week, training sessions and intensity decrease to allow recovery before race day.

### ***What if an exercise is too difficult and I can't complete it?***

No worries! Everyone has to start somewhere. Regress each exercise as needed.

### ***Should I run outdoors or on a treadmill?***

*Running outdoors or on a treadmill can provide different benefits however, running on a treadmill will make you feel like you're running faster than you really are.*

### ***What is RPE?***

RPE stands for rate of perceived exertion. This is used to measure how hard your body works during physical activity based on a scale from 1-10. 1 being the easiest and 10 being most strenuous.

### ***I missed a training session. Should I try to make it up somewhere in the week?***

That's ok! If you can find another day to complete the training to accommodate your schedule, great! Go for it. However, life happens. If you can't find another day to make it up, that's ok as well. Continue on with the program and do the best you can to remain consistent.

### ***How many times should I stretch or do yoga in the week?***

Working on your flexibility and mobility should be completed on a daily basis.

### ***What type of warm-up should I complete before each workout?***

*Complete a dynamic warm-up before each workout rather than static stretching and include moving in all planes of motion.*

### ***How long should I warm-up for?***

Warm-up until your body reaches a near sweat.

### ***Can this help me prepare for competition fighting?***

*Although this can help you improve your overall "fight fitness", it is not recommended to solely rely on this program for competition. Competition requires mitt work, sparring, and psychological training.*

