



**MAY
2017**

PREPARATION TRAINING

The training to be **ready** for the Thai training camps is 8 weeks in duration. We do not expect beginners to be performing spinning back kicks by any stretch of the imagination, nor be ready to step into the ring for a fight.

What we are preparing you for is to hold the fitness, endurance and skill-sets, to be able to work at a high level, and enjoy the Thai camp as much as possible.

Rather than turn up and every type of exercise be new to your training repertoire, and thus spending the two weeks in Thailand struggling to master those, we will do as much as possible in Malta to get you prepared.

We will structure your body and fitness in a progressive way, building on your strength and endurance week by week.

This will be achieved by designing your training plan, stretch program, personal training on skills and fitness, nutrition plans, group fitness sessions, and the all important homework of abs, stretching and running.

The following page is a checklist which you will be able to complete by the end of the 8 weeks. This is a good starting point to meet the challenges of the training to be done at our Thailand Muay Thai camps.

Your training in Malta will be directed by personal trainer Paul Sansome, a black belt kickboxer with experience training in the Thai boxing camps. Every person entering the program will be screened, perform health checks and given very realistic guidance on whether they would be able to complete the camps or not. We will not be allowing anyone to make the journey with us who we do not feel they are ready for the challenge.





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Name: Date Started:

BAGWORK

5x 3-minute rounds of hands and feet.

SHADOW BOXING

10 minutes with 2kg/3kg dumb-bells.

BODYWEIGHT TRAINING

HIIT set: 20 of each in 1 succession set [approx. 20 mins non-stop]
Push-ups, sit-ups, burpees, tuck-jumps, skip-jumps, squat thrusts

FLEXIBILITY

Chest-high crescent, round-house and push kicks

SKIP ROPES

10 minutes non stop

SPRINTS

10x 20-30 meter sprints

PLANKS

4 minutes

FEET

1km rock-beach walking or 10 minutes skip on concrete/sand

