

Expert Boxing and Combat Training Plan for Beginners

This plan offers a structured approach to mastering boxing and combat fundamentals. It emphasizes gradual progression, proper technique, and safety. Always consult with a healthcare professional before starting any new training program. Focus on consistency and enjoying the process.

Disclaimer: This is a sample plan and may need adjustment based on individual fitness levels and goals. Consult with a qualified coach for personalized guidance.

Foundational Phase (4-6 Weeks)

Goals

- Build a base of fitness.
- Develop fundamental movement patterns.
- Learn basic boxing stances.

Focus Areas

- Improve cardiovascular endurance.
- Enhance core strength and stability.
- Develop coordination and footwork.
- Learn basic boxing stance and guard.

Training Schedule

- **Frequency:** 3-4 days per week.
- **Structure:**
 - Warm-up (5-10 minutes)
 - Workout (40-60 minutes)
 - Cool-down/Stretching (10-15 minutes)

Workout Breakdown

Warm-up (5-10 minutes):

- Light cardio: Jumping jacks, high knees, butt kicks (2 minutes)

- Dynamic stretching: Arm circles, leg swings, torso twists (3 minutes)
- Shadow boxing: Light, no impact, focus on form (2-5 minutes)

Main Workout (40-60 minutes):

- **Cardio:**
 - Running or jogging (20-30 minutes), or jumping rope (10-15 minutes)
 - Interval training: 30 seconds on/off.
- **Bodyweight Strength:**
 - Push-ups (3 sets of 8-12 reps; modify on knees if needed)
 - Squats (3 sets of 10-15 reps)
 - Lunges (3 sets of 10-12 reps per leg)
 - Plank (3 sets of 30-60 seconds hold)
 - Crunches/Sit-ups (3 sets of 15-20 reps)
- **Footwork Drills:**
 - Basic Shuffle (forward, backward, sideways; 5 minutes)
 - Box Step Drill (5 minutes)
- **Stance and Guard Practice:**
 - Mirror Work (5-10 minutes), correct stance and guard.

Cool-down/Stretching (10-15 minutes):

- Static stretches: Hold each for 30 seconds.
 - Arm, chest, leg, and back stretches.
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Technical Phase (6-8 Weeks)

Goals

- Learn proper boxing punches and combinations.
- Develop defensive skills and improve technique.

Focus Areas

- Practice boxing punches (jab, cross, hook, uppercut).
- Master proper punching mechanics.
- Learn defensive maneuvers (slips, blocks, parries).
- Develop simple combinations.

Training Schedule

- **Frequency:** 4-5 days per week.
- **Structure:**

- Warm-up (5-10 minutes)
- Technical Workout (45-60 minutes)
- Cool-down/Stretching (10-15 minutes)

Workout Breakdown

Warm-up (5-10 minutes):

- Light cardio: Jumping jacks, high knees, butt kicks (2 minutes)
- Dynamic stretching: Arm circles, leg swings, torso twists (3 minutes)
- Shadow boxing: Focus on form (2-5 minutes)

Main Workout (45-60 minutes):

- **Punching Technique:**
 - Jab, Cross, Hook, Uppercut practice: 3-5 rounds of 3 minutes each on a bag or mitts.
- **Combinations:**
 - 1-2 (Jab, Cross) and 1-1-2 (Jab, Jab, Cross): 3-5 rounds of 3 minutes each.
- **Defensive Skills:**
 - Slip, block, and parry drills: 3-5 rounds of 3 minutes each.

Cool-down/Stretching (10-15 minutes):

- Static stretches: Focus on arms, shoulders, core, and legs.
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Sparring/Application Phase (Ongoing)

Goals

- Apply learned techniques in controlled sparring.
- Refine skills and develop ring awareness.

Training Schedule

- **Frequency:** Variable.
- **Structure:**
 - Warm-up (5-10 minutes)
 - Sparring (3-5 rounds of 2-3 minutes each)
 - Technical drills/Bag work
 - Cool-down/Stretching (10-15 minutes)

Workout Breakdown

Warm-up (5-10 minutes):

- Light cardio and dynamic stretches.
- Light shadow boxing: Focus on combinations (2-5 minutes).

Main Workout:

- **Sparring:**
 - 3-5 rounds of 2-3 minutes (with breaks in between).
 - Focus on technique and safety.
 - Use appropriate safety equipment.
- **Technical Work/Bag Work:**
 - Practice combinations or power strikes (3-5 rounds of 3 minutes each).

Cool-down/Stretching (10-15 minutes):

- Static stretches for all major muscle groups.
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Recovery and Injury Prevention

- **Rest:** 7-9 hours of quality sleep each night.
 - **Nutrition:** Balanced diet with protein, carbs, and healthy fats.
 - **Hydration:** Stay hydrated throughout the day.
 - **Active Recovery:** Light activities like walking or swimming on off days.
 - **Listen to Your Body:** Avoid pushing through significant pain.
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Progression Guidelines

Gradually increase intensity and duration as your fitness improves:

- Add rounds of sparring or bag work.
 - Increase cardio and strength intensity.
 - Progress resistance on weight training.
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Example Daily Schedule (Technical Phase Day)

Time	Activity
6:00 AM	Wake up, Hydrate
6:30 AM	Light Breakfast
7:00 AM	Warm-up
7:10 AM	Main workout
8:10 AM	Cool-down, Stretch
8:30 AM	Breakfast
Day	Work/School/Personal Life
7:00 PM	Dinner
9:00 PM	Wind down and sleep