

TECHNICAL TRAINING LOG (MON, FRI)

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Name:	Periodization Cycle:							
	Workout 1: Monday		Workout 2: Friday			Workout 3: NA		
WARM-UP			WARM-UP			WARM-UP		
Exercise	Sets	Notes	Exercise	Sets	Notes	Exercise	Sets	Notes
Jumping Jacks	1	50 Reps	Jumping Jacks	1	50 Reps	Jumping Jacks	1	50 Reps
Dynamic Stretches	1	Front, side, back leg raises	Dynamic Stretches	1	Front, side, back leg raises	Dynamic Stretches	1	Front, side, back leg raises
TKD Poomsae Drills	5x10		TKD Poomsae Drills	5x10		TKD Drills		
CORE/BALANCE/PLYOMETRIC/			CORE/BALANCE/PLYOMETRIC/			CORE/BALANCE/PLYOMETRIC/		
Exercise	Sets	Notes	Exercise	Sets	Notes	Exercise	Sets	Notes
Plank	4x60sec		Plank	4x60sec		Abdominals		
Crunhes	4x100		Crunhes	4x100				
Stand on One leg	4x30sec		Stand on One leg	4x30sec				
SPEED/AGILITY/QUICKNESS			SPEED/AGILITY/QUICKNESS			SPEED/AGILITY/QUICKNESS		
Exercise	Sets	Notes	Exercise	Sets	Notes	Exercise	Sets	Notes
SPORT SPECIFIC			SPORT SPECIFIC			SPORT SPECIFIC		
Exercise	Sets	Notes	Exercise	Sets	Notes	Exercise	Sets	Notes
Koreo	x2		Koreo	x2		Poomsae		
Keumgang	x2		Keumgang	x2				
Taebaek	x2		Taebaek	x2				
Pyongwon	x2		Pyongwon	x2				
Adductor flies	x100		Adductor flies	x100		Adductor flies	3	
Isometric front Stretches	3x10sec hold		Isometric front Stretches	3x10sec hold		Isometric Side/front Stretches	3	
COOL DOWN			COOL DOWN			COOL DOWN		
Exercise	Sets	Notes	Exercise	Sets	Notes	Exercise	Sets	Notes
Relaxed Static Stretches	3 x 30 sec hold		Relaxed Static Stretches	3 x 30 sec hold		Relaxed Static Stretches		
Meditation	2m		Meditation	2m		Meditation		