FENCING FORWARD

HIGH PERFORMANCE WEEKLY TRAINING MICROCYCLE

ATHLETE PLAN

Program Level: Intermediate / Advanced Competitive Athlete
Pillars: Explosive Agility, Target Precision, Core Stability, Tactical Sparring
Weekly Volume: 5 Days Active Training / 2 Days Active Recovery & Mobility

1. WEEKLY MICROCYCLE OVERVIEW

Day	Focus Area	Key Drills	Duration
Monday	Footwork & Speed	Advance-Lunge acceleration, direction-change ladders.	90 Mins
Tuesday	Individual Lesson & Bouting	Coach blade work, targeted parry-riposte drills.	120 Mins
Wednesday	S&C (Power & Core)	Plyometric lunges, medicine ball throws, core planks.	60 Mins
Thursday	Tactical Bouting	Situational sparring (e.g. priority touch, strip boundary).	120 Mins
Friday	Active Mobility & Target	Wall point control, shoulder mobility, foam rolling.	45 Mins
Saturday	Open Bouting / Club Competition	Full pool & DE simulation under referee conditions.	150 Mins
Sunday	Full Rest & Regeneration	Light walk, stretching, contrast shower, mental visualization.	—

2. DAILY FOOTWORK CONDITIONING ROUTINE

SET 1: SPEED & REACTION

- **Advance / Retreat Sets:** 3 x 2 mins non-stop rapid steps.
- **Explosive Lunges:** 4 sets of 10 max distance lunges.
- **Direction Changes:** 5 x 30 sec fast advance-retreat-lunge.

SET 2: ENDURANCE & DEPTH

- **Low En Garde Hold:** 3 x 1 min isometric hold.
- **Double Advance Lunge:** 4 x 8 explosive reps.
- **Fleche Sprints:** 6 reps x 10 meters with recovery walk.

3. STRENGTH & POWER CONDITIONING (S&C)

Fencing places extreme asymmetric demands on the lead leg and dominant arm. Cross-training must correct postural imbalances while building unilateral leg power.

Exercise	Sets / Reps	Fencing-Specific Benefit
Single-Leg Romanian Deadlifts	3 x 10 / side	Strengthens lead leg hamstrings & hip stability for lunge recovery.
Goblet Split Squats	4 x 8 / leg	Builds explosive quadricep force for sudden acceleration.
Rotational Med-Ball Slams	3 x 12 reps	Enhances core rotational power for quick parries & thrusts.
Pallof Press	3 x 12 / side	Anti-rotation core strength to keep torso upright under pressure.

4. BLADE WORK & TACTICAL PROTOCOLS

POINT CONTROL & TARGET PRECISION

Perform 15 minutes of wall-target drills daily. Practice extension before lunging, ensuring the blade tip arrives ahead of foot contact to guarantee priority.

TACTICAL MINDSET & STRIP AWARENESS

During Thursday open bouting, practice specific constraints: win 5 touches purely on counter-attacks, or force opponent to the back line using distance pressure before launching an attack.