
STRENGTH & CONDITIONING FOR KARATE ATHLETES

6 WEEKS OUT TO PEAK PERFORMANCE



Day by Day Templates used for "Road to Venice 2022"

6 WEEKS PRE COMPETITION PHASE



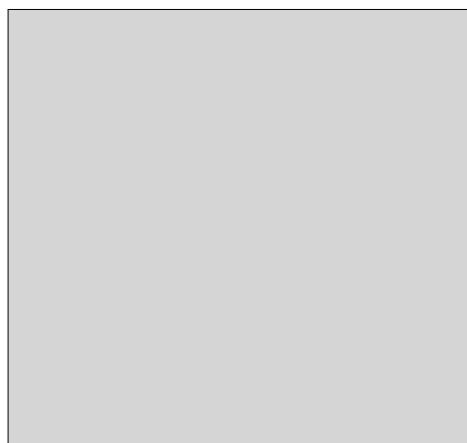
6 WEEKS OUT TO PEAK PERFORMANCE

PRE COMPETITION BLOCK

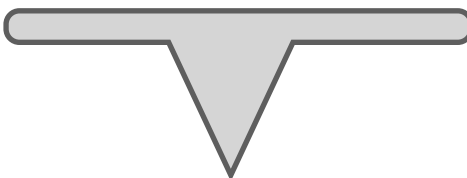
PHASE 1

Test & Fix your Work-Strategy

WEEK 1



D1	D2	D3
D4	D5	D6



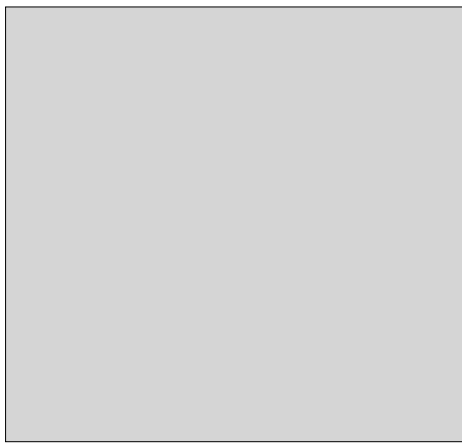
W.I.W.

(Work Intensity of the Week)

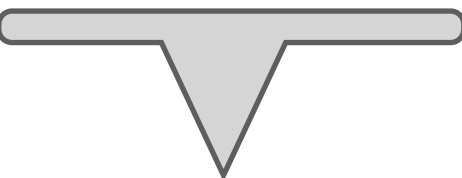
1-3	4-6	7-8	9-10
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RPE scale

WEEK 2



D1	D2	D3
D4	D5	D6



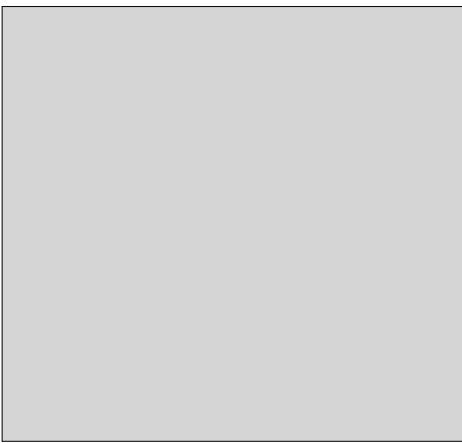
W.I.W.

(Work Intensity of the Week)

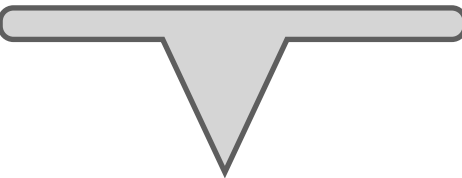
1-3	4-6	7-8	9-10
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RPE scale

WEEK 3



D1	D2	D3
D4	D5	D6



W.I.W.

(Work Intensity of the Week)

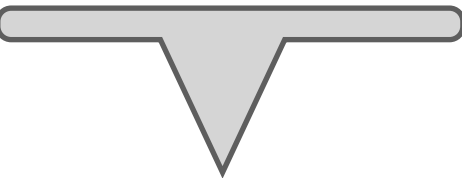
1-3	4-6	7-8	9-10
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RPE scale

WEEK 4



D1	D2	D3
D4	D5	D6



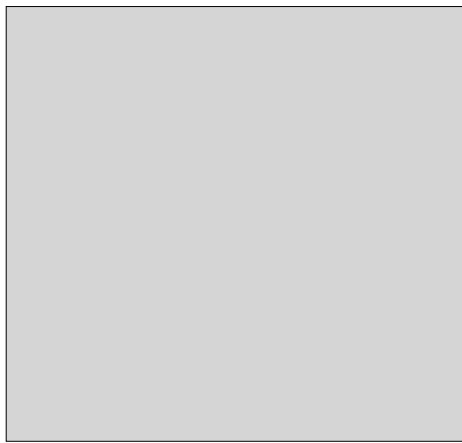
W.I.W.

(Work Intensity of the Week)

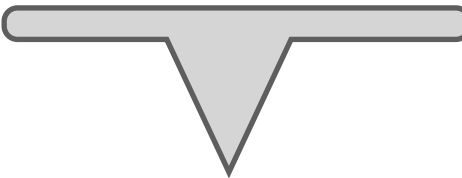
1-3	4-6	7-8	9-10
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RPE scale

WEEK 5



D1	D2	D3
D4	D5	D6



W.I.W.

(Work Intensity of the Week)

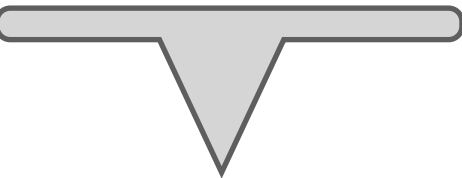
1-3	4-6	7-8	9-10
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RPE scale

WEEK 6



D1	D2	D3
D4	D5	D6



W.I.W.

(Work Intensity of the Week)

1-3	4-6	7-8	9-10
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RPE scale

6 WEEKS OUT TO PEAK PERFORMANCE

PRE COMPETITION BLOCK

PHASE 1

Test & Fix your Work-Strategy

PHASE 2

Define & Improve your Actions

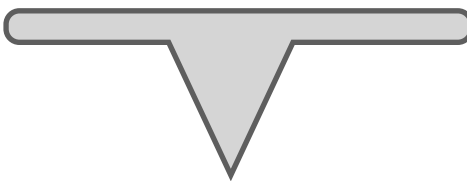
PHASE 3

Test & Plan your Peak Performance

WEEK 1



D1	D2	D3
D4	D5	D6



W.I.W.
(Work Intensity of the Week)

1-3	4-6	7-8	9-10
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RPE scale

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 1 | WEEK 1

DAY 1

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 1 | WEEK 1

DAY 2

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 1 | WEEK 1

DAY 3

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 1 | WEEK 1

DAY 4

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 1 | WEEK 1

DAY 5

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 1 | WEEK 1

DAY 6

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution: CorrectiveS&CKarate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 1 | WEEK 1

DAY 7

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

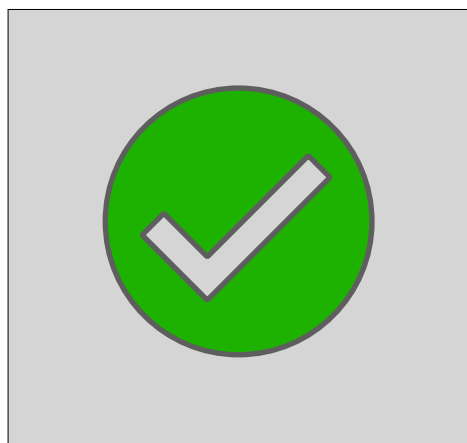
6 WEEKS OUT TO PEAK PERFORMANCE

PRE COMPETITION BLOCK

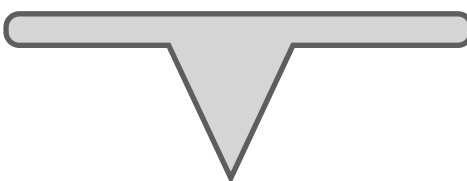
PHASE 1

Test & Fix your Work-Strategy

WEEK 1



D1	D2	D3
D4	D5	D6



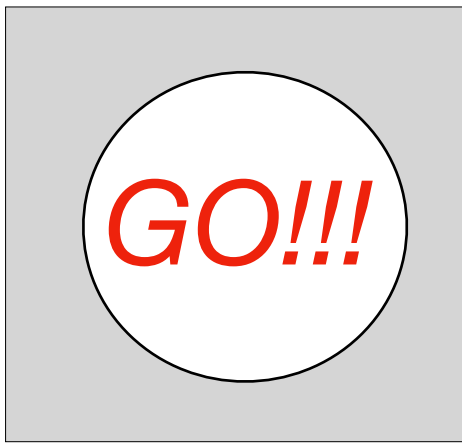
W.I.W.

(Work Intensity of the Week)

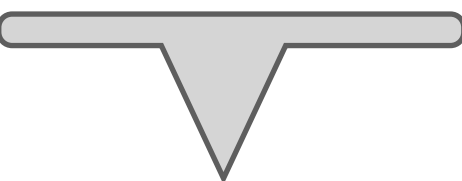
1-3	4-6	7-8	9-10
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RPE scale

WEEK 2



D1	D2	D3
D4	D5	D6



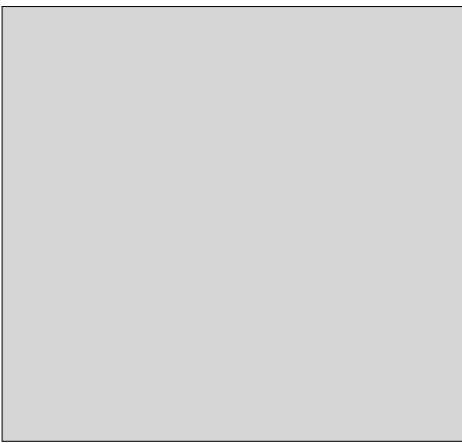
W.I.W.

(Work Intensity of the Week)

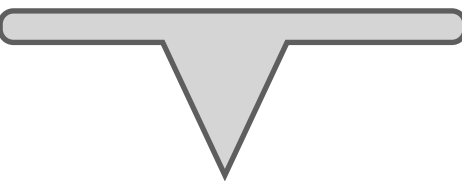
1-3	4-6	7-8	9-10
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RPE scale

WEEK 3



D1	D2	D3
D4	D5	D6



W.I.W.

(Work Intensity of the Week)

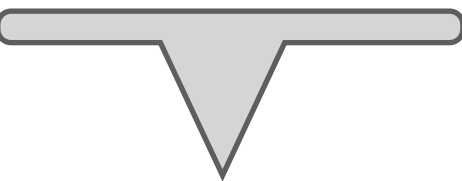
1-3	4-6	7-8	9-10
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RPE scale

WEEK 4



D1	D2	D3
D4	D5	D6



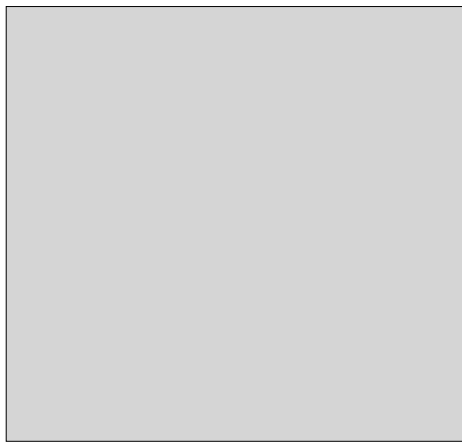
W.I.W.

(Work Intensity of the Week)

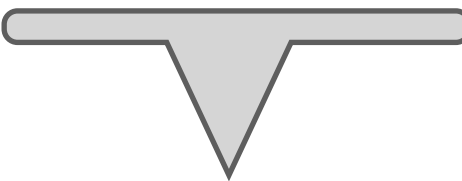
1-3	4-6	7-8	9-10
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RPE scale

WEEK 5



D1	D2	D3
D4	D5	D6



W.I.W.

(Work Intensity of the Week)

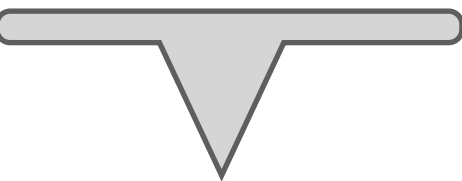
1-3	4-6	7-8	9-10
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RPE scale

WEEK 6



D1	D2	D3
D4	D5	D6



W.I.W.

(Work Intensity of the Week)

1-3	4-6	7-8	9-10
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RPE scale

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 1 | WEEK 2

DAY 1

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 1 | WEEK 2

DAY 2

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 1 | WEEK 2

DAY 3

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 1 | WEEK 2

DAY 4

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

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MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

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Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 1 | WEEK 2

DAY 5

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

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MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

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Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 1 | WEEK 2

DAY 6

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 1 | WEEK 2

DAY 7

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

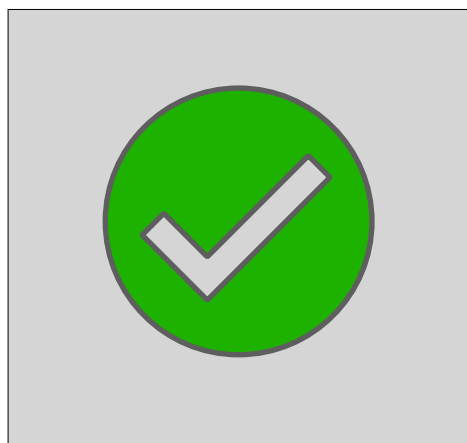
6 WEEKS OUT TO PEAK PERFORMANCE

PRE COMPETITION BLOCK

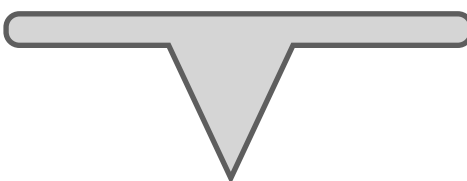
PHASE 1

Test & Fix your Work-Strategy

WEEK 1



D1	D2	D3
D4	D5	D6



W.I.W.

(Work Intensity of the Week)

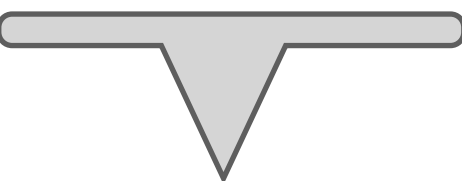
1-3	4-6	7-8	9-10
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RPE scale

WEEK 2



D1	D2	D3
D4	D5	D6



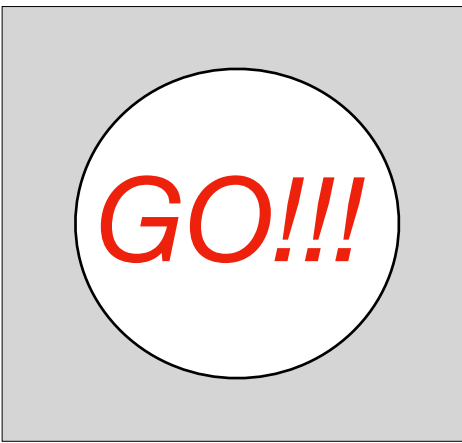
W.I.W.

(Work Intensity of the Week)

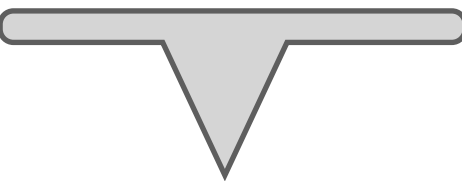
1-3	4-6	7-8	9-10
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RPE scale

WEEK 3



D1	D2	D3
D4	D5	D6



W.I.W.

(Work Intensity of the Week)

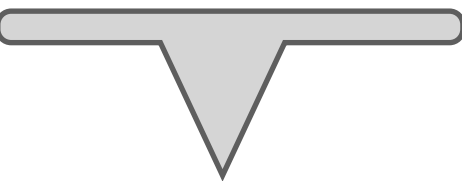
1-3	4-6	7-8	9-10
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RPE scale

WEEK 4



D1	D2	D3
D4	D5	D6



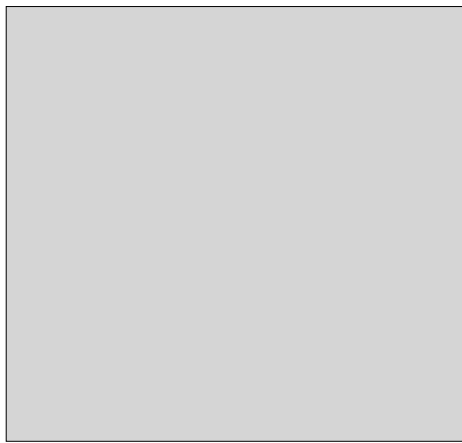
W.I.W.

(Work Intensity of the Week)

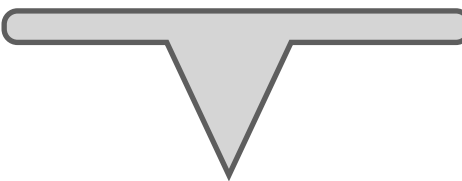
1-3	4-6	7-8	9-10
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RPE scale

WEEK 5



D1	D2	D3
D4	D5	D6



W.I.W.

(Work Intensity of the Week)

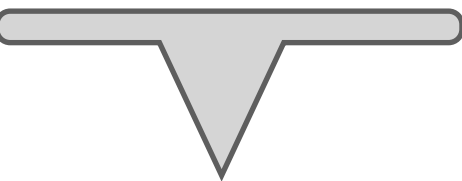
1-3	4-6	7-8	9-10
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RPE scale

WEEK 6



D1	D2	D3
D4	D5	D6



W.I.W.

(Work Intensity of the Week)

1-3	4-6	7-8	9-10
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RPE scale

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 2 | WEEK 3

DAY 1

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 2 | WEEK 3

DAY 2

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 2 | WEEK 3

DAY 3

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 2 | WEEK 3

DAY 4

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 2 | WEEK 3

DAY 5

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 2 | WEEK 3

DAY 6

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution: CorrectiveS&CKarate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 2 | WEEK 3

DAY 7

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

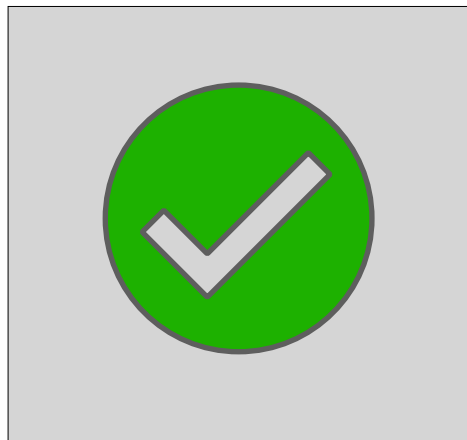
6 WEEKS OUT TO PEAK PERFORMANCE

PRE COMPETITION BLOCK

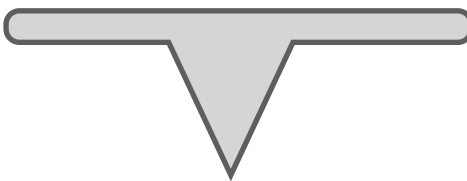
PHASE 1

Test & Fix your Work-Strategy

WEEK 1



D1	D2	D3
D4	D5	D6



W.I.W.
(Work Intensity of the Week)

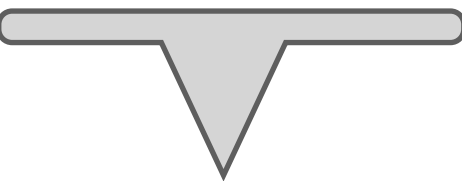
1-3	4-6	7-8	9-10
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RPE scale

WEEK 2



D1	D2	D3
D4	D5	D6



W.I.W.
(Work Intensity of the Week)

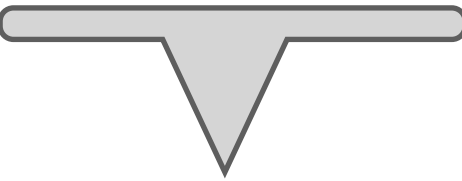
1-3	4-6	7-8	9-10
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RPE scale

WEEK 3



D1	D2	D3
D4	D5	D6



W.I.W.
(Work Intensity of the Week)

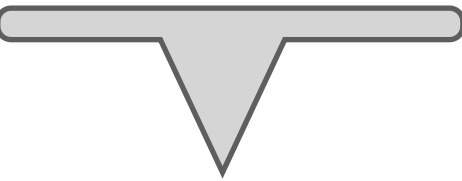
1-3	4-6	7-8	9-10
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RPE scale

WEEK 4



D1	D2	D3
D4	D5	D6

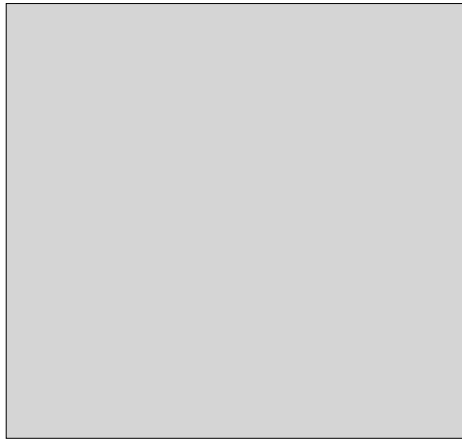


W.I.W.
(Work Intensity of the Week)

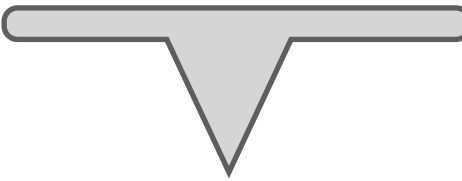
1-3	4-6	7-8	9-10
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RPE scale

WEEK 5



D1	D2	D3
D4	D5	D6



W.I.W.
(Work Intensity of the Week)

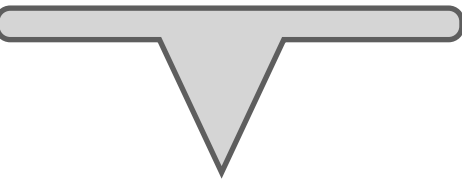
1-3	4-6	7-8	9-10
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RPE scale

WEEK 6



D1	D2	D3
D4	D5	D6



W.I.W.
(Work Intensity of the Week)

1-3	4-6	7-8	9-10
-----	-----	-----	------

RPE scale

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 2 | WEEK 4

DAY 1

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution: CorrectiveS&CKarate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 2 | WEEK 4

DAY 2

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution: CorrectiveS&CKarate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

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CENTRAL PHASE / WORKOUT

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COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 2 | WEEK 4

DAY 3

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

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CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 2 | WEEK 4

DAY 4

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution: CorrectiveS&CKarate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

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MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

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Exercise	SET/REPs	TUT	RPE (1-10)	REST

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COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 2 | WEEK 4

DAY 5

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

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Exercise	SET/REPs	TUT	RPE (1-10)	REST

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Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 2 | WEEK 4

DAY 6

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

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Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 2 | WEEK 4

DAY 7

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

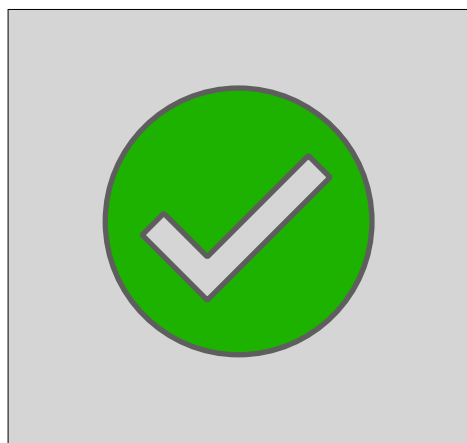
6 WEEKS OUT TO PEAK PERFORMANCE

PRE COMPETITION BLOCK

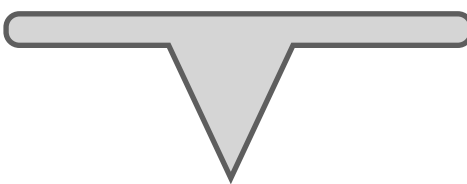
PHASE 1

Test & Fix your Work-Strategy

WEEK 1



D1	D2	D3
D4	D5	D6



W.I.W.

(Work Intensity of the Week)

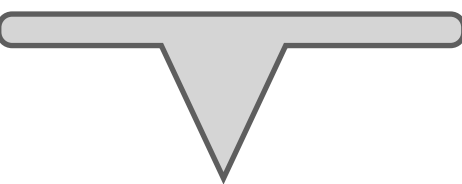
1-3	4-6	7-8	9-10
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RPE scale

WEEK 2



D1	D2	D3
D4	D5	D6



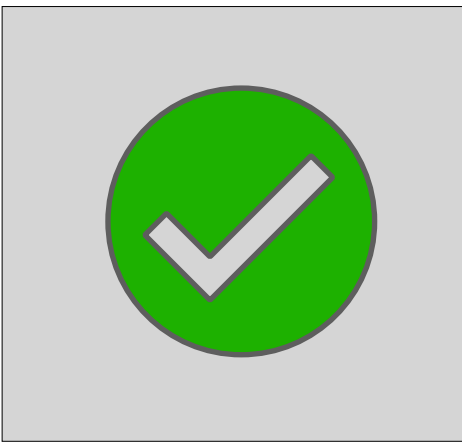
W.I.W.

(Work Intensity of the Week)

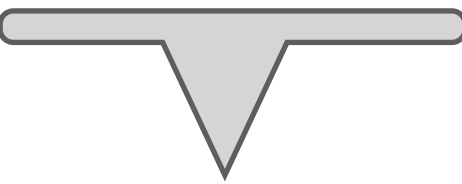
1-3	4-6	7-8	9-10
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RPE scale

WEEK 3



D1	D2	D3
D4	D5	D6



W.I.W.

(Work Intensity of the Week)

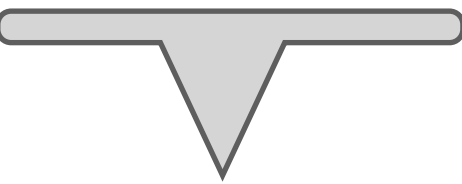
1-3	4-6	7-8	9-10
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RPE scale

WEEK 4



D1	D2	D3
D4	D5	D6



W.I.W.

(Work Intensity of the Week)

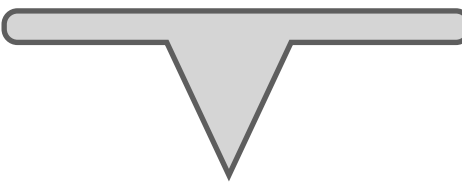
1-3	4-6	7-8	9-10
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RPE scale

WEEK 5



D1	D2	D3
D4	D5	D6



W.I.W.

(Work Intensity of the Week)

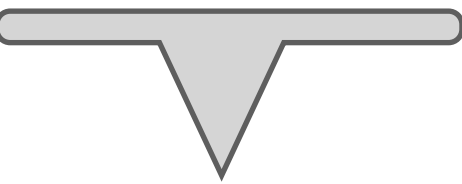
1-3	4-6	7-8	9-10
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RPE scale

WEEK 6



D1	D2	D3
D4	D5	D6



W.I.W.

(Work Intensity of the Week)

1-3	4-6	7-8	9-10
-----	-----	-----	------

RPE scale

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 3 | WEEK 5

DAY 1

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 3 | WEEK 5

DAY 2

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 3 | WEEK 5

DAY 3

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

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Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 3 | WEEK 5

DAY 4

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

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Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 3 | WEEK 5

DAY 5

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 3 | WEEK 5

DAY 6

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution: CorrectiveS&CKarate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 3 | WEEK 5

DAY 7

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

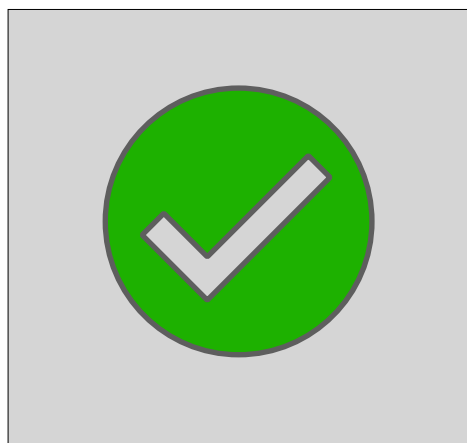
6 WEEKS OUT TO PEAK PERFORMANCE

PRE COMPETITION BLOCK

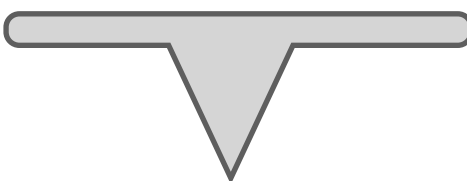
PHASE 1

Test & Fix your Work-Strategy

WEEK 1



D1	D2	D3
D4	D5	D6



W.I.W.
(Work Intensity of the Week)

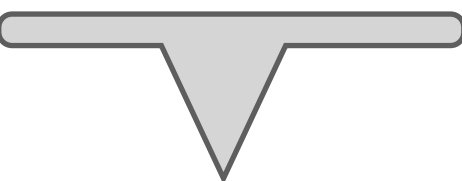
1-3	4-6	7-8	9-10
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RPE scale

WEEK 2



D1	D2	D3
D4	D5	D6

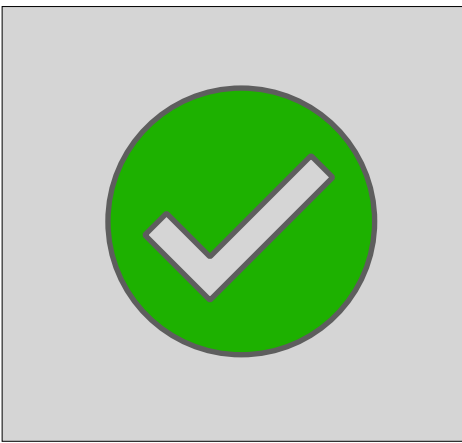


W.I.W.
(Work Intensity of the Week)

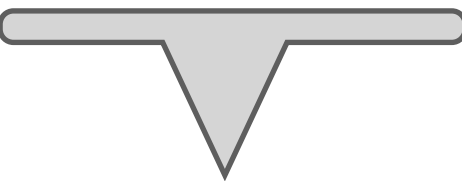
1-3	4-6	7-8	9-10
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RPE scale

WEEK 3



D1	D2	D3
D4	D5	D6



W.I.W.
(Work Intensity of the Week)

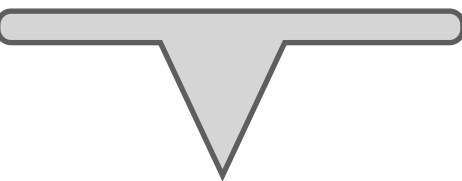
1-3	4-6	7-8	9-10
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RPE scale

WEEK 4



D1	D2	D3
D4	D5	D6



W.I.W.
(Work Intensity of the Week)

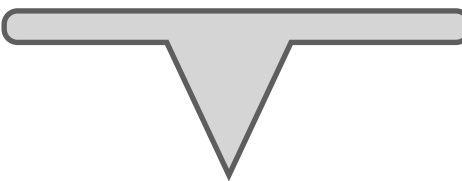
1-3	4-6	7-8	9-10
-----	-----	-----	------

RPE scale

WEEK 5



D1	D2	D3
D4	D5	D6

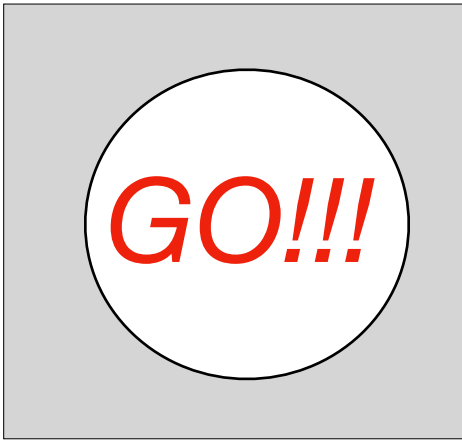


W.I.W.
(Work Intensity of the Week)

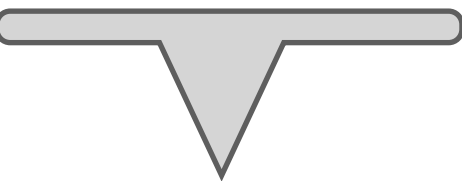
1-3	4-6	7-8	9-10
-----	-----	-----	------

RPE scale

WEEK 6



D1	D2	D3
D4	D5	D6



W.I.W.
(Work Intensity of the Week)

1-3	4-6	7-8	9-10
-----	-----	-----	------

RPE scale

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 3 | WEEK 6

DAY 1

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 3 | WEEK 6

DAY 2

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

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DEVELOPMENT

STIMULATION

REBOUND

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Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 3 | WEEK 6

DAY 3

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

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Exercise	SET/REPs	TUT	RPE (1-10)	REST

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Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 3 | WEEK 6

DAY 4

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution: CorrectiveS&CKarate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 3 | WEEK 6

DAY 5

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 3 | WEEK 6

DAY 6

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution: CorrectiveS&CKarate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

COMPENSATION

6 WEEKS OUT TO PEAK PERFORMANCE

PHASE 3 | WEEK 6

DAY 7

Date

ddmmyyyy

Time

hhMin

PMAM

Day of the Week

M T W T F S S

Time distribution:

Corrective

S&C

Karate

Work Intensity:

DEVELOPMENT

STIMULATION

REBOUND

Aim of the session:

MOVEMENT PREP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

WARM UP

Exercise	SET/REPs	TUT	RPE (1-10)	REST

Exercise	SET/REPs	TUT	RPE (1-10)	REST

CENTRAL PHASE / WORKOUT

Exercise	SET/REPs	TUT	RPE (1-10)	REST

COMPENSATION

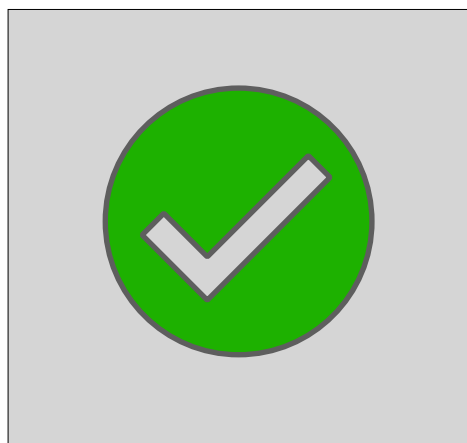
6 WEEKS OUT TO PEAK PERFORMANCE

PRE COMPETITION BLOCK

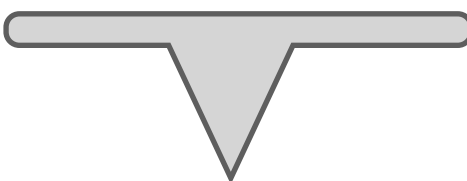
PHASE 1

Test & Fix your Work-Strategy

WEEK 1



D1	D2	D3
D4	D5	D6



W.I.W.
(Work Intensity of the Week)

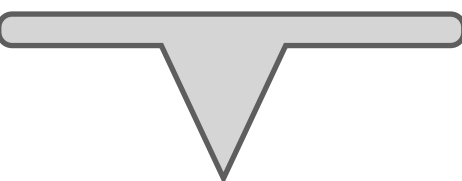
1-3	4-6	7-8	9-10
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RPE scale

WEEK 2



D1	D2	D3
D4	D5	D6

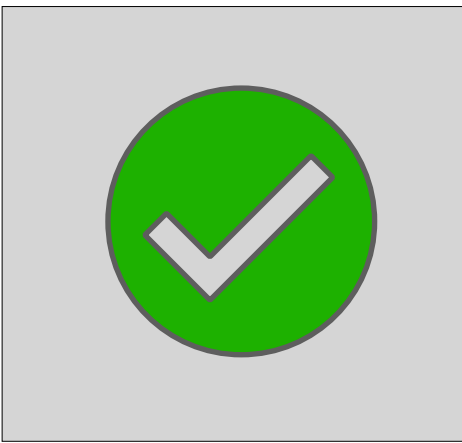


W.I.W.
(Work Intensity of the Week)

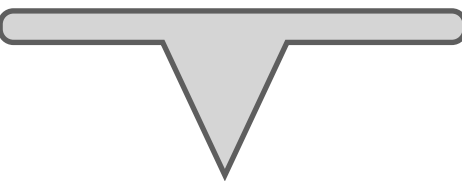
1-3	4-6	7-8	9-10
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RPE scale

WEEK 3



D1	D2	D3
D4	D5	D6



W.I.W.
(Work Intensity of the Week)

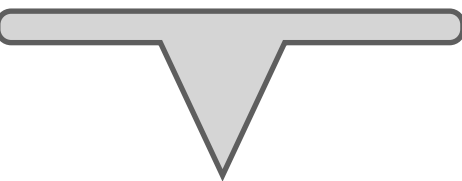
1-3	4-6	7-8	9-10
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RPE scale

WEEK 4



D1	D2	D3
D4	D5	D6



W.I.W.
(Work Intensity of the Week)

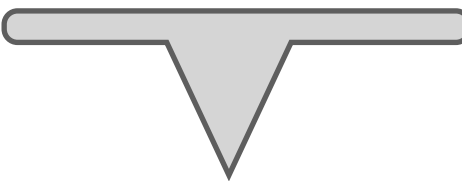
1-3	4-6	7-8	9-10
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RPE scale

WEEK 5



D1	D2	D3
D4	D5	D6



W.I.W.
(Work Intensity of the Week)

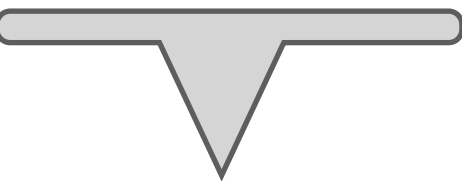
1-3	4-6	7-8	9-10
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RPE scale

WEEK 6



D1	D2	D3
D4	D5	D6



W.I.W.
(Work Intensity of the Week)

1-3	4-6	7-8	9-10
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RPE scale