

त्युगाधियासु अर्देगाछन से केवा

DRUK THIMPHU BOXING CLUB

## Training program for the first month

| Day       | Timing | Activity        |
|-----------|--------|-----------------|
| Monday    | 2 Hrs  | Stretching      |
|           |        | • Warm-up       |
|           |        | Jogging         |
|           |        | Skipping        |
|           |        | Cooling down    |
| Tuesday   | 2 Hrs  | Stretching      |
|           |        | • Warm-up       |
|           |        | Jogging         |
|           |        | Skipping        |
|           |        | Cooling down    |
| Wednesday | 2 Hrs  | Stretching      |
|           |        | Warm-up         |
|           |        | Basketball game |
|           |        | Cooling down    |
|           |        | Stretching      |
| Thursday  | 2 Hrs  | Warm-up         |
|           |        | Jogging         |
|           |        | Skipping        |
|           |        | Cooling down    |
|           | 2 Hrs  | Stretching      |
| Friday    |        | Warm-up         |
|           |        | • Jogging       |
|           |        | Skipping        |
|           |        | Cooling down    |
|           | 2 Hrs  | Stretching      |
|           |        | • Warm-up       |
| Saturday  |        | • Jogging       |
|           |        | Skipping        |
|           |        | Cooling down    |
|           | 2 Hrs  | Stretching      |
| Sunday    |        | • Warm-up       |
|           |        | • Jogging       |
|           |        | Skipping        |
|           |        | Cooling down    |



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|-----------|--------|-----------------------------|
|           | 2 Hrs  | Stretching                  |
| Monday    |        | Warm-up                     |
|           |        | • Jogging                   |
|           |        | Boxing Basic                |
|           |        | Skipping                    |
|           |        | Cooling down                |
|           | 2 Hrs  | Stretching                  |
|           |        | • Warm-up                   |
| Tuesday   |        | • Jogging                   |
| Tuesday   |        | Boxing Basic                |
|           |        | Skipping                    |
|           |        | Cooling down                |
|           | 2 Hrs  | Stretching                  |
|           |        | • Warm-up                   |
| Wednesday |        | Basketball game             |
|           |        | Cooling down                |
|           | 2 Hrs  | Stretching                  |
|           |        | • Warm-up                   |
|           |        | <ul> <li>Jogging</li> </ul> |
| Thursday  |        | Boxing Basic                |
|           |        | Skipping                    |
|           |        | Cooling down                |
|           | 2 Hrs  | Stretching                  |
|           |        | • Warm-up                   |
|           |        | <ul> <li>Jogging</li> </ul> |
| Friday    |        | Boxing Basic                |
|           |        | Skipping                    |
|           |        | Cooling down                |
|           | 2 Hrs  | Stretching                  |
|           |        | • Warm-up                   |
| Catural   |        | <ul> <li>Jogging</li> </ul> |
| Saturday  |        | Boxing Basic                |
|           |        | Skipping                    |
|           |        | Cooling down                |
|           | 2 Hrs  | Stretching                  |
|           |        | • Warm-up                   |
|           |        | • Jogging                   |
| Sunday    |        | Boxing Basic                |
|           |        | Skipping                    |
|           |        | Cooling down                |