

Træningssamling



Objectives of the camp:

Build team spirit with a training focus on competition situation sparring. Fencing should be close to 100% effort every fight- training for peak performance.

Time	Saturday	Details	Objective	Sunday	Details	Objective
8.45	Arrive	Collect your personal feedback sheet- describe what you want to get out of the weekend/ what you are here to do, and what you want to put into the weekend in order to achieve your goals	Get out of subconscious-training-mode, and get clarity on why you do what you do. Make the most of the time you have and take responsibility for what happens in this time			
9.00	Circle introduction	Briefly tell what it means to you to be a part of the Danish national team for this EM	Share your motivation/ what has driven you this far, and to get inspired by others input. A chance for the coaching staff to get to know what this means to you.			
9.10	Dynamic warm-up	GB Olympic warm-up, lead by LH	Give ideas for effective warm-up exercises, make sure that everyone starts the weekend firing	Arrive 09.45	Sign in on the board with your score out of 10 for how ready and motivated you are for the day	Time for check-in with your current state, become aware of any issues and a chance to acknowledge or address them before training starts.
10.00	Fencing System	Sum of 9- fight ends when the score adds up to 9	Taking emphasis away from winning and on to either keeping momentum or stopping it	Physical puzzle solving + Dynamic warm-up	Short group puzzle followed by warm-up lead by LH	Fun and energetic start to the second day. Reinforce the warm-up exercises learnt on saturday
10.30	Free fencing	5 or 15 points, refereed where possible. Videoing fights will be possible. Priority for video to EM fencers.	Competitive fights with 100% effort. Review all recorded fights.	Fencing System	Progressive Fencing- Start fencing for 1 point, with each win you must add 1 point to your target score for the next fight	Balances up the differences between fencers levels. Requires pushing concentration and effort ever higher.
11.00						
11.30	Create individual warm-up	Write out your detailed personal warm-up that you will take 20 mins which you will put into action in the afternoon session	Emphasise the importance of a warm-up routine, one which leaves you feeling the same readiness every time	Free Fencing	5 or 15 points, refereed where possible. Video possible.	Highly competitive fights. Video reviewing to check how your fencing looks from the outside.
12.00	Lunch	Bring a healthy, filling lunch with you. There will not be much time to go to the supermarket.	A nutritious lunch to aid recovery and ensure you are ready to go again in the afternoon.	Footwork	Extra deep en garde focused footwork exercise	Highlight the importance of a strong, balanced en garde position. This is one way to improve your fencing dramatically just by hard work alone.
12.30	Info Meeting	By LH, parents welcome	Inform on logistics and expectations at EM, as well as respond to questions	Lunch + watch Vancouver senior world cup or recent OL, VM fencing	Follow/support the Danish national team fencers abroad	Get inspired watching some of the best in the world at your sport
13.00	Short introduction to energy management in competition	EM fencers will be provided with a sample of electrolyte/energy powder and energy bars	Discuss the benefits of sports drinks and effective energy management. Fencers get to try it out at the camp and take some with them to Plovdiv.			
13.30	Warm-up	Fencer's individualised warm-up.	Fencers to practice a competition warm-up routine, whilst getting inspiration from others.			

14.00	5 hit poule	Fights to be timed and refereed, results recorded	Create competition feel for training fights	Warm-up	Fencers individualised programme 2.0	Practice own warm-up routine with any additions or improvements
14.30				Coordination ladder	Coordination exercises using speed ladders	Engage and test the core motor functions. Energise the body and mind for the final training session.
15.00	3 x 15 hit fights	Fights to be refereed and timed	Competitive fights with 100% effort	Fencing System	Pyramid fencing- against each opponent fence short fights to 1,3,5,3,1 points.	Requires top level concentration from the first to the last hit. Practicing being completely ready for the first hit.
15.30						
16.00	Footwork	Short, intense finisher. 3 minutes, changing rhythm in defence with stopping and starting as in a normal fight	Simulation of a fight where constant high intensity is required, especially in defence.	Free Fencing	5 or 15 points, refereed where possible. Video possible.	Highly competitive fights. Video reviewing to check how your fencing looks from the outside.
16.30	Finished for the day			Evaluation	Evaluate your own effort and attitude from the weekend, and feedback anonymously on what was good/could be improved about the camp.	Chance to review your personal engagement and performance (not fencing performance) based on the goals you set for yourself. Have a hand in making the next camp better.
17.00				Camp finished	Goodbye and see you in Plovdiv!	