



TRAINING SCHEDULE FOR SILAMBAM ALL CATEGORY

DAY	INTRODUCTORY PART	FORMAL PART	SPECIAL PART	ASSEMBLY & DISMISSAL
MONDAY	STRECHING EXERCISE	SPEED BASED TRAINING(S LED PUSH/ SPRINT, REAR FOOT ELEVATED SPLIT SQUAT) (3 REP, 1 SET)	PADAIVEECHU RIGHT HANNDS AND LEFT HANDS STANDING AND WALKING STEPS (FIGHTING)	WARM DOWN, PLAYING CORRECTIO N AND DISCUSSION
THURSDAY	STRECHING EXERCISE	RESISTANCE TRAINING SEATED CHEST PRESS/DUMB BELL OR BAR PRESS, CABLE CROSSOVER S/FLYES) (3 REP, 1 SET)	MUNSUTHU PINSUTHU PADAIVECHU PARCTICE	WARM DOWN, PLAYING CORRECTIO N AND DISCUSSION
SATURDAY	STRECHING EXERCISE,	CROSS COUNTRY (RUNNING)	BAGULI DOUBLE HANDS(FIGHTING)	WARM DOWN, PLAYING CORRECTIO N AND DISCUSSION

