

Diet , strength, flexibility.

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Kick boxing

- ▶ Kick boxing is all about kicking, jumping, punching , quick movements etc.
- ▶ To play this game many factors comes together.
- ▶ As we know one need a sharp and skilled coaching and training, but along with that few more factors are very important.
- ▶ Strength
- ▶ Flexibility
- ▶ Proper nutrition

Important factors

Quickness

Being quick and alert is very much and very basic point one must learn and use in the game

Punching accuracy



Punching power

This requires

Timing

Coordination

Sensing an opening

Important factors

Conditioning

Fighter must have endurance for many rounds



Discipline

A fighter who trains hard is on road to have the discipline needed to be successful in the ring.

One more important point here is what you eat, drink and sleep.

Guts

How strong , open and peaceful minded you are matters when you are playing.

Important factor

Observe.

good observation, planning , thinking strategy.

All these factors which we saw are very important for any game.



Strength training for a player.

- ▶ Boxer needs power, strength , speed, strength.
- ▶ Following are few trainings which can help for a player to master all required skills.
- ▶ A) Plyometric training
- ▶ B)Weight training
- ▶ C)Speed play
- ▶ D) Functional training

Plyometric training

- ▶ Its an explosive movement which can help boxer with power, speed, strength, balance, body awareness.
- ▶ Jump training means muscle exert maximum force in one short interval.



Weight training

- ▶ This is an ideal workout for building strength and muscle endurance level.
- ▶ As kickboxing involves unilateral movement (movement of 1 limb), so combination of single leg raise, dumbbells, machines which allows single limb training are beneficial.

We should focus on more about reps. Ideal is medium to heavy weight around (80% of 1 RM) for well trained individual. Focus on one point muscle should not get hypertrophied .

For beginner low reps low set .

Speed play

- ▶ Also called as fartlek training.
- ▶ This is very ideal workout pattern.
- ▶ In this exercise players mind and body keeps on guessing about next move.
- ▶ Player cant stay relax in the game. This can be very creative and imaginative training for kickboxing players.
- ▶ This training helps for increasing endurance level, speed, power, strength.
- ▶ This training engages player physically, psychologically.

Fartlek training method

Structured Fartlek

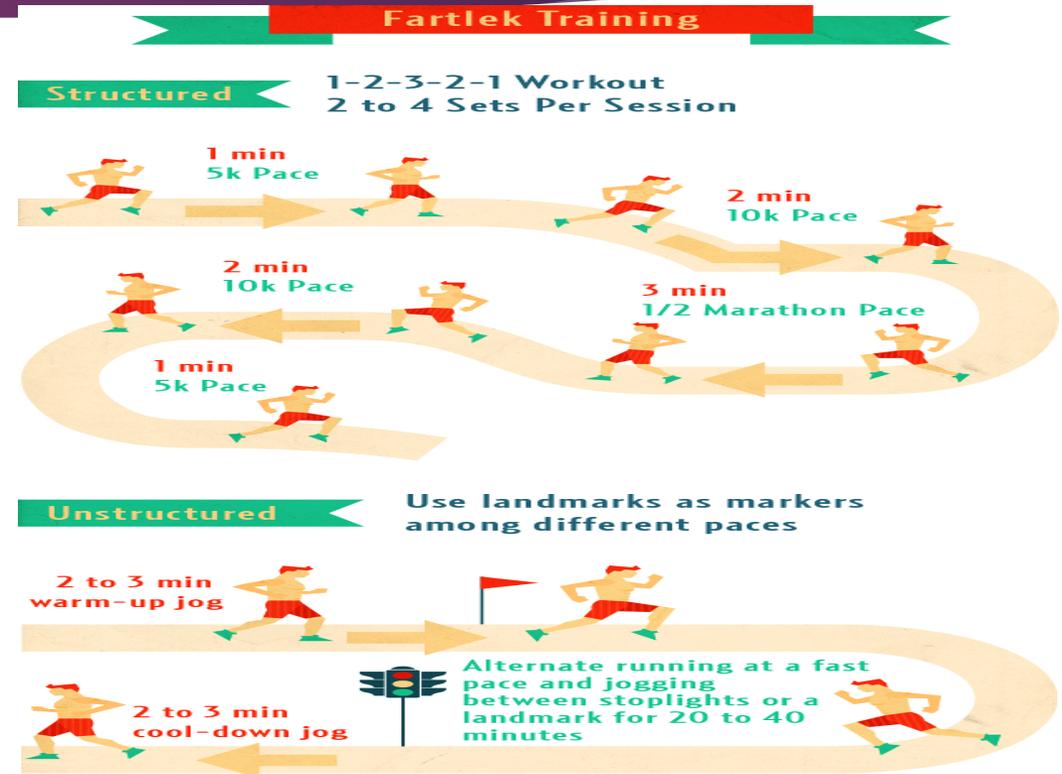
5 minute warmup

Repeat 2-4 times:

- 4 minutes at 13.1 pace
- 2 minutes recovery jog
- 2 minute at 10k pace
- 1 minute recovery jog
- 1 minute at 5k pace
- 30 seconds recovery jog
- 30 seconds at 1 mile pace

In between each set do a
4 minute recovery jog

5 minutes warmdown



Functional training

- ▶ This is good for improving performance.
- ▶ This workout is an classic example of sports specific activity.
- ▶ Helps in improving endurance, coordination in movements and muscles.
- ▶ It trains body for more than 1 muscle group.
- ▶ It can be done with body weight or with external weights.
- ▶ Examples squats, ropes, push ups many more.

Flexibility

- ▶ Flexibility refers to the degree to which joint moves throughout a normal pain free range of motion.



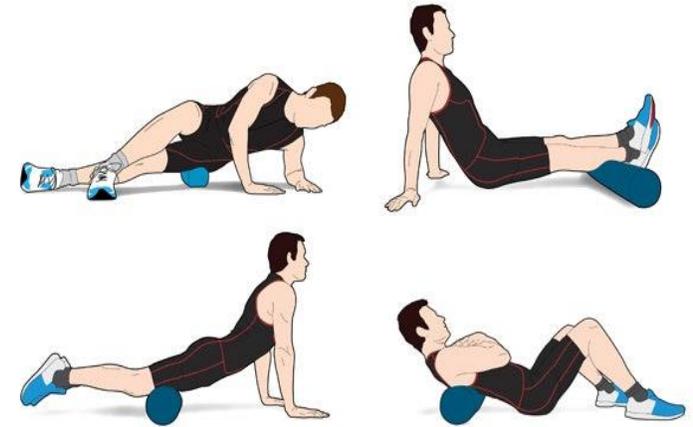
Why do we need flexibility

- ▶ Helps in performing movement efficiently
- ▶ Improves physical performance
- ▶ Flexible joints require less energy to move
- ▶ Reduces risk of injury
- ▶ Increases blood and nutrients to the tissue



What can I do to be more flexible?

- ▶ Yoga
- ▶ Pilates
- ▶ Stretching techniques of different types
- ▶ Foam roller, swiss ball



Diet

- ▶ Kickboxing is one of the strenuous sport.
- ▶ One need to be more careful about what he/she is eating.
- ▶ Main factors which we need to focus are calorie intake and macronutrient breakdown.
- ▶ You need to eat enough calories to burn and gain energy.
- ▶ diet must include right balance of protein, carbs, fat, fibre, and good hydration.

Diet traits.

- ▶ Make sure you eat all nutrients in natural form possibly
- ▶ For a player during competition or training meal time and snack times are very important.
- ▶ Time frame for eating meals
- ▶ Calculate TDEE before planning any diet
- ▶ Your **Total Daily Energy Expenditure** (TDEE) is an estimation of how many calories you burn per day when exercise is taken into account. It is calculated by first figuring out your Basal Metabolic Rate, then multiplying that value by an activity multiplier.
- ▶ Protein requirement for normal individual is 0.8 gm /kg body weight / day.
- ▶ endurance activity 1.2-1.4gm/ kg body weight/day
- ▶ For strength activity 1.6-1.7gm / kg body weight / day (These recommendation are given by RDA that's recommended dietary allowance)

TDEE (total daily energy expenditure)

- ▶ MIFFLIN ST. JEOR EQUATION
- ▶ **Men:** $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} + 5$
Women: $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} - 161$
- ▶ * Moderately active (moderate exercise/sports 3-5 days/week): BMR x 1.55

Meal time and type

- ▶ Pre workout meal
 - ▶ Should be take 1-3 hr before training.
 - ▶ Must include all macronutrients like protein, carbs mainly complex carbs , fibre, fat
 - ▶ Example brown rice, veggies, beans
- ▶ Pre workout snack
 - ▶ 15-20 min before
 - ▶ This should be lower than 250 cal
 - ▶ Simple carb and protein
 - ▶ Example protein shake, bar, sport drink

Post workout/ training meal

- ▶ This is most important meal after training.
- ▶ Time frame is very important.
- ▶ Ideally within 45 min you should eat a meal which is blend of protein carbs . Protein is for repairing muscle fibre.
- ▶ Carbs are for restoring body for glycogen storage.
- ▶ Its best to eat real food and not packed or processed.
- ▶ Do not eat more salty food as it may leads to calcium loss.

Hydration and rest.

- ▶ Hydrating your body throughout the day is very important.
- ▶ Plain water is best for maintaining hydration state of the body
- ▶ Level of hydration depend on individual .
- ▶ Give your body ample amount of rest for better performance, clearing thoughts, for repairing body, to reduce anxiety.
- ▶ Relax, rejuvenate and give your best.



