



***ALLSTARS***  
***12 week programme***



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*12 week programme*

*Our Allstars 12-week boxing/kickboxing programme is split into three 4-week blocks and aims to build fundamental skills, improve fitness, and refine technique.*



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*This programme builds progressively, focusing on skill development, fitness, and mental sharpness to create well-rounded boxing/kickboxing skills.*

**Block 1**  
**Fundamentals**  
**(Weeks 1-4)**

**Block 2**  
**Well-being,**  
**Fitness &**  
**Nutrition**  
**(Weeks 5-8)**

**Block 3**  
**Technique &**  
**Finesse**  
**(Weeks 9-12)**



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## ***Fundamentals (Weeks 1 – 4)***

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### ***Objective:***

***Build a strong foundation in boxing/kickboxing basics, stance, footwork & basic combinations***

### ***Workouts Include:***

***Shadowboxing drills, Bag/pad work, Footwork agility drills, Strength & mobility exercises***

# ***Fundamentals***

## ***Weekly Breakdown***



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*Week 1: Stance, guard, footwork, jab & cross*

*Week 2: Hooks, uppercuts, defence, blocking, slipping & rolling*

*Week 3: Basic kicks, front, roundhouse, side kick & movement drills*

*Week 4: Combining punches & kicks, light pad work*



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## ***Well-being, Fitness & Nutrition (Weeks 5-8)***

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*Objective: Improve overall fitness, endurance, strength & introduce basic nutrition for performance*

### ***Additional Focus:***

*Nutrition basics, hydration, fuelling workouts, recovery foods, sleep & stress management*

# *Well-being, Fitness & Nutrition*

## *Weekly Breakdown*



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*Week 5: Cardio endurance, HIIT, jump rope, running & shadowboxing for speed*

*Week 6: Strength & conditioning, bodyweight & resistance training*

*Week 7: Core strength for striking power & explosive movements*

*Week 8: Recovery strategies*



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## **Block 3: Technique & Finesse (Weeks 9-12)**

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*Objective: Refine technique, develop fight IQ & build confidence for sparring or advanced drills*

**Workouts Include:** Precision pad work, technical sparring, defensive & offensive strategy drills, reaction & timing exercises



# *Technique & Finesse*

## *Weekly Breakdown*

*Week 9: Advanced combinations, feints & counter-striking*

*Week 10: Kickboxing flow & linking strikes efficiently*

*Week 11: Controlled sparring, strategy & movement*

*Week 12: Testing skills & performance drills*



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# Full Breakdown

## **Block 1: Fundamentals (Weeks 1-4)**

**Objective:** Build a strong foundation in boxing/kickboxing basics, stance, footwork & basic combinations.

**Workouts Include:** Shadowboxing drills, Bag/pad work, Footwork agility drills, Strength & mobility exercises

**Weekly Breakdown** • Week 1: Stance, guard, footwork, jab & cross • Week 2: Hooks, uppercuts, defence, blocking, slipping & rolling • Week 3: Basic kicks, front, roundhouse, side kick & movement drills • Week 4: Combining punches & kicks, light pad

## **Block 2: Well-being, Fitness & Nutrition (Weeks 5-8)**

**Objective:** Improve overall fitness, endurance, strength, and introduce basic nutrition for performance.

**Additional Focus:** • Nutrition basics, hydration, fuelling workouts, recovery foods • Sleep & stress management

**Weekly Breakdown** • Week 5: Cardio endurance, HIIT, jump rope, running, shadowboxing for speed • Week 6: Strength & conditioning (bodyweight & resistance training) • Week 7: Core strength for striking power, explosive movements • Week 8: Recovery strategies: stretching, mobility & active rest

## **Block 3: Technique & Finesse (Weeks 9-12)**

**Objective:** Refine technique, develop fight IQ, and build confidence for sparring or advanced drills.

**Workouts Include:** • Precision pad work • Technical sparring • Defensive & offensive strategy drills • Reaction & timing exercises

**Weekly Breakdown** • Week 9: Advanced combinations, feints, counter-striking • Week 10: Kickboxing flow, linking strikes efficiently • Week 11: Controlled sparring, strategy, movement • Week 12: Testing skills, performance drills