



PROGRAMME 2: INTERMEDIATE PROGRAMME

WE RECOMMEND YOU START THIS PROGRAMME AFTER YOU COMPLETE THE INTRODUCTORY PROGRAMME BEFORE PROGRESSING THROUGH FURTHER PROGRAMMES IN SEQUENCE

WEEK	CATEGORY	PROGRAMME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	MOTIVATION	HIERARCHY OF GREATNESS	INTRODUCTION	STAGE 1: PHYSIOLOGICAL	STAGE 2: SAFETY	STAGE 3: SUPPORT NETWORK	STAGE 4: ESTEEM	STAGE 5: SELF ACTUALISATION	STAGE 6: FINAL EXERCISE
2	VISUALISATION	FIGHT DAY VISUALISATION	STAGE 1: FIGHT DAY	STAGE 2: CHANGING ROOMS	STAGE 3: FINAL WARM UP	STAGE 4: RING WALK	STAGE 5: RING ENTRANCE	REST	REST
3	ANXIETY	FUNCTIONAL EQUALISING	INTRODUCTION AND PHYSIOLOGICAL FACTORS	EMOTIONAL FACTORS	TECHNICAL FACTORS	PSYCHOLOGICAL FACTORS	BEHAVIOURAL FACTORS	ENVIRONMENTAL FACTORS	REVIEW SESSION
4	CONFIDENCE	LION PROGRAMME	SPECIAL	SECURITY	SELF ASSURED	STRENGTH	SKILL	SOLID	SURVIVAL AND SELF CONFIDENCE
5	GOAL SETTING	W.W.W.W	INTRODUCTION	STAGE 1: WHAT AND WHEN	STAGE 2: WHY	STAGE 3: WHERE	STAGE 4: FULL PROCESS	STAGE 5: SET A NEW GOAL	REST
6	ANXIETY	CALM IN 60 SECONDS	YOGA EXERCISES AND SMILE AND LAUGHTER	BREATHING EXERCISES AND COUNTDOWN	PHYSICAL EXERCISES AND MUSCULAR RELAXATION	LIGHT SWITCH EXERCISES	STAREDOWN EXERCISES	MINDFULNESS EXERCISES	BSC, CACHING AND RATIONALISE EXERCISES
7	PRESSURE	PHOENIX RISING	INTRODUCTION	STAGE 1: BREATHING	STAGE 2: PHYSICAL CUES	STAGE 3: STRENGTHS	STAGE 4: GOALS	STAGE 5: VISUALISATION	STAGE 6: PRE PERFORMANCE ROUTINE
8	FEAR	STRENGTH, CONTROL, CONFIDENCE	INTRODUCTION	STAGE 1: BREATHE	STAGE 2: STRETCH	STAGE 3: TENSE	STAGE 4: STRIKE	STAGE 5: FULL PROCESS	REST
9	ANXIETY	B.S.C	FATIGUE	STRENGTH	CONFIDENCE	CONCENTRATION	FEAR AND ANXIETY	COMPOSURE	SKILL TECHNIQUE AND ABILITY
10	FEAR	PPA FEAR	INTRODUCTION	STAGE 1: ACCEPTANCE AND GROUNDING	STAGE 2: ENERGY	STAGE 3: SPEED	STAGE 4: STRENGTH	STAGE 5: TECHNIQUE	STAGE 6: FINAL EXERCISE