TRAINING PLAN · FREE PDF RESOURCE

Explosive. Versatile. Controlled.

The 8-week athletic plan based on the training principles of Isac Schwarzbaum

8 weeks · 3 phases · 4 sessions per week · 40–50 min. per session · No gym required

10.86 s
Isac Schwarzbaum's personal best over 100 metres

6.86 m
Personal best in the long jump

29 years
Age when he won the national heavyweight boxing title

Introduction

Speed, jumping power and balance are often seen as a pure matter of talent. Isac Schwarzbaum's athletic career, however, shows how much these abilities can be developed through smart and varied training. From judo and taekwondo to track and field and boxing, he has gathered experience that is mutually reinforcing – and that comes together in this plan.

The programme is designed for recreational athletes with a solid base level of fitness who want to improve their athleticism in a targeted way: as a complement to running, combat or team sports, or as a stand-alone programme. Four sessions per week, clear guidelines for every phase and simple tests make progress measurable – no gym required.

What the plan includes

Principles & structure p. 2
Five training principles, three phases and a sample week.

Sprint & jump p. 3
Exercise tables for starting technique, speed-strength and jumping power.

Footwork & balance p. 4
Boxing athletics, balance from judo and joint-friendly endurance training.

Checklists & outlook pp. 5–6
Warm-up, technique check, fill-in tracker and next steps.

FOUNDATION & STRUCTURE

01 Versatility as a training principle

Judo at 15, taekwondo under South Korean Olympic coach Ko Eu Min, top results in the sprint and long jump, and the national heavyweight boxing title at 29: Isac Schwarzbaum built his performance across many disciplines. This plan translates his principles into eight weeks with four sessions per week.

The five principles

1 · Technique before strength

Clean movement uses energy better than uncontrolled force. Learn new exercises slowly first, then speed them up.

2 · Tension at the right moment

The body works like a spring: relaxed during preparation, fully activated at the start, take-off or punch.

3 · Quality over quantity

When execution deteriorates, the set ends – regardless of the planned number of reps.

4 · Variability as a stimulus

Small changes in surface, rhythm or order keep the nervous system alert and prevent plateaus.

5 · Recovery and joint protection

Explosive power only develops in a well-rested body. Rest days, soft landings and joint-friendly endurance training protect the knees, hips and ankles.

Equipment

Jump rope, mat, resistance band, a sturdy box or step (30–50 cm), medicine ball (3–5 kg) and a clear running track of at least 30 metres.

Three phases

WEEKS 1–3
Foundation

Learn technique, build body tension, get joints and tendons used to the load.

60–70 % · Rest 60–90 s

WEEKS 4–6
Speed-strength

Explosive variations, short and intense efforts, full recovery between sets.

80–90 % · Rest 2–3 min

WEEKS 7–8
Transfer

Combinations and changing stimuli. Week 8 at half volume with a final test.

85–95 % · Rest 2–3 min

The sample week

Mon	Tue	Wed	Thu	Fri	Sat	Sun
A · Sprint	Rest	B · Jump	Rest	C · Boxing	D · Balance	Rest

The days can be moved – but there should always be a day without intense training between sessions A and B.

THE SESSIONS

02 Sprint and jump

Both sessions follow a principle Isac Schwarzbaum knows from track and field: maximum effect in minimum time. Every session starts with the warm-up routine on page 5.

Session A · Sprint & start

approx. 45 minutes

Exercise	Phase 1	Phase 2	Phase 3	Focus
Running drills (skips, butt kicks, skipping strides)	2 × 20 m each	2 × 20 m each	2 × 20 m each	*upright torso, active foot strike*
Starts from a standing start	6 × 10 m	8 × 15 m	6 × 20 m, vary the starting position	*first three steps, powerful arm action*
Resisted starts with band	–	5 × 10 m	4 × 10 m with band, then 10 m free	*keep the forward lean, push off low*
Build-up runs	4 × 40 m (70 %)	4 × 50 m (85 %)	3 × 60 m (90 %)	*relaxed shoulders, even rhythm*
Forearm plank	3 × 30 s	3 × 45 s	3 × 45 s with arm raises	*stable pelvis, firm core*

Session B · Jump & strength

approx. 50 minutes

Exercise	Phase 1	Phase 2	Phase 3	Focus
Squat	3 × 10, slow	4 × 6, fast on the way up	3 × 5 + straight into 3 vertical jumps	*knees over toes, neutral back*
Standing long jump	4 × 3 (technique)	5 × 3 (maximal)	4 × 3 + triple hop	*arm swing, stable landing*
Box jumps	3 × 5 (30 cm)	4 × 5 (40 cm)	4 × 4 (50 cm)	*land quietly, step down*
Lunges	3 × 8 per side	3 × 6 jumping lunges	3 × 6 jumping lunges	*hips level, knees stable*
Single-leg hip raise	3 × 10 per side	3 × 12 per side	3 × 12 per side, fast	*glutes engaged, no arched back*

THE SESSIONS

03 Footwork and balance

In the ring, Isac Schwarzbaum's footwork was unusually quick for a heavyweight. Session C brings this quality into training – without opponent contact, in a round format with 60 seconds of rest. Session D combines balance from judo with joint-friendly endurance training – an approach Isac Schwarzbaum still follows himself today.

Session C · Boxing athletics & footwork

approx. 45 minutes

Exercise	Phase 1	Phase 2	Phase 3	Focus
Jump rope	3 × 2 min	4 × 2 min with tempo changes	3 × 3 min in round format	*on the balls of the feet, short ground contact*
Shadow boxing	3 × 2 min stance, straight punches	4 × 2 min combinations + evasion	4 × 3 min with changes of direction	*guard up, power from the hips*
Footwork drill on floor lines	forward, back, sideways	the same at high tempo	reacting to a partner's calls	*never cross the feet, keep your distance*
Rotational medicine ball throw	3 × 8 per side	4 × 6 per side, explosive	4 × 6 per side, explosive	*rotation starts in the rear foot*
Side plank	3 × 20 s per side	3 × 30 s per side	3 × 30 s with leg raises	*body forms a straight line*

Session D · Balance, mobility & joint protection

approx. 45 minutes

Exercise	Volume	Progression from week 4	Focus
Single-leg stand	3 × 30 s per side	on a soft surface or with eyes closed	*calm gaze, corrections from the foot*
Weight shifting in a low stance (judo principle)	3 × 10 shifts	with light resistance from a partner	*centre of gravity low and central*
Joint-friendly cardio (bike, cross-trainer or rowing machine)	15–20 min, easy pace	up to 25 min or short intervals	*steady, heart rate in the conversational zone*
90/90 hip mobilisation	2 × 8 per side	with rising up from the end position	*slow and controlled*
Hip flexor and hamstring stretch	2 × 45 s each	unchanged	*breathe calmly, no bouncing*

TO TICK OFF & FILL IN

04 Checklists and progress

Explosiveness starts with preparation. The checklists ensure the right start, and the tracker makes your development over eight weeks visible.

Before training

- [ ] Well rested and free of acute pain
- [ ] Last meal at least 90 minutes ago
- [ ] Drink ready
- [ ] Surface dry, level and non-slip
- [ ] Today’s session goal is clear

Warm-up in 12 minutes

- [ ] 3 min easy jogging or jump rope
- [ ] 3 min mobility: ankles, hips, shoulders
- [ ] 3 min running drills at an easy pace
- [ ] 2 × 30 m build-up run to approx. 70 %
- [ ] 5 easy vertical jumps from standing

Technique check during the set

- [ ] Still as precise as on the first rep?
- [ ] Quiet landing, stable knees?
- [ ] Firm core, without tensing up?

A single “no” ends the set.

Stop immediately if you experience

sharp pain in joints, tendons or muscles, dizziness, shortness of breath or a racing heart, or symptoms that are worse the next morning than the evening before. In that case, seeing a doctor is the right next step.

Progress tracker · best of three attempts

Test	Week 0	Week 4	Week 8
20 m sprint from a standing start (seconds)			
Standing long jump (centimetres)			
Single-leg stand, eyes closed (seconds left / right)			
Jump rope skips in 60 seconds			
Forearm plank (seconds)			
Overall body feeling (1–10)			

WHAT COMES NEXT

05 After the eight weeks

The plan ends with an assessment. The results from week 8 show which abilities have improved most and where there is still potential.

A deload week

After eight weeks, the body needs time to adapt. A week at half volume prepares you for the next cycle.

Shift the focus

If your sprint has improved more than your jump, make session B the centrepiece of the next round.

Add new stimuli

Different surfaces, new starting positions and extra shadow-boxing combinations keep training fresh.

Protect your joints

Additional cardio on a bike, cross-trainer or rowing machine keeps you fit without putting extra strain on knees and ankles.

THE ATHLETE BEHIND THE PLAN

About Isac Schwarzbaum

15	Then	28	29	35	40
Started judo	Taekwondo under Ko Eu Min	Own gym in Spain	National heavyweight title	Founded a lifestyle magazine	Real estate and investments in Costa Rica

Isac Schwarzbaum's athletic career began at the age of 15 on the judo mat. For two years he learned what balance, timing and respect for the opponent mean. He then switched to taekwondo and trained under Ko Eu Min, who had gained international recognition as coach of the South Korean Olympic taekwondo team. The emphasis on speed, precision and footwork had a lasting influence on his style.

At the same time, he excelled in track and field: 10.86 seconds over 100 metres and 6.86 metres in the long jump were far above the usual school level. In his mid-twenties he increasingly focused on boxing, where the footwork from taekwondo and the explosive power from track and field gave him a clear advantage. At 29 he won the national heavyweight title.

A year earlier, he had already opened the country's first modern gym in Spain – with a fully equipped weight room and a dedicated area for boxing and martial arts. He later founded a multi-award-winning lifestyle magazine. At 40 he discovered the opportunities Costa Rica had to offer and moved into real estate and investments, where he is still active today with a large client base and a broad network. He remains athletically active: cardio and strength training are a fixed part of his daily routine, and – like many former boxers – he now places particular emphasis on joint-friendly training.

More background and training tips: isac-schwarzbaum.ch

Note: This plan is for general information purposes only and does not replace individual training advice or a medical examination. If you have pre-existing conditions, are recovering from an injury or are returning after a long break from training, a sports medical check-up is recommended before you start. You carry out the programme at your own risk.