



Boxing Alberta

11759 - Groat Road
Edmonton, Alberta T5M 3K6

Phone: 780-427-6515

Fax: 780-427-1205

Website: www.boxingalberta.com

The Heavy bag

The heavy bag is one of the oldest, most recognizable pieces of training equipment. Unfortunately, due to its commonality, the bag is often overlooked when searching for speed, power, and endurance. Fitness manufacturers continually develop and market new Products catered towards today's combat athlete. As new products are developed, old training tools such as the heavy bag are often forgotten.

This is unfortunate, as the heavy bag is perhaps the most sport-specific and effective training tool available.

To increase speed and power, one must hit the bag hard. Regular practice is required to develop efficiency of movement when punching. Unfortunately, it is common for fighters To coast through a heavy bag session. These individuals stick with a few basic combinations, flicking out an occasional jab while grunting and groaning to impress onlookers.

A common heavy bag workout consists of three and four rounds on the bag. Amateur boxers compete with 2 and 3 minutes rounds while professional compete with 3 minute Rounds. These work-to-rest ratios are often followed when hitting the bag. Certain trainers intensify bag sessions by reducing rest between rounds to 30-seconds. Another common means of progression involves increasing the length of the round. For example, Certain professional hit the bag for 4- minute rounds. The reason for the increased round Length is to "over-condition" the fighter for traditional round. If a fighter can hit the bag for 4-minute, as 3- minutes, round should be easy.

Unfortunately, this theory rarely works in the real world. As round length increases, many fighters learn to pace, these fighters learn to pace themselves throughout the longer round. Rather than maintaining an intense pace, these fighters conserve energy for the longer round. This style of training is detrimental to a competitive fighter. During competition, this fighter will be unprepared for an opponent who maintains an aggressive, furious pace.

Rather than increasing round length, I recommend increasing intensity through short, yet highly intense punch-out drills. A punch-out drill simply consists of a string of all punches thrown in rapid succession without rest. Common punch-out interval range from 15 to 60 seconds. During these drills, the fighter will throw non-stop punches. I recommend straight punches during this drill to reduce bag movement. For example, you will throw a non-stop 1-2-3-4(jab-right-hook-right)

These drills are extremely intense. You will essentially be performing high intensity interval training on the heavy bag. This style of training will prepare you to throw explosive combinations with maximum speed and power.

Punch-out drills are commonly referred to as the OLYMPIC DRILL. These drills have been used at several Olympic boxing camps. You will not find many drills that can match the intensity and effectiveness of these brief punch intervals.