

# TRAINING\*

Batman patrols Gotham every night — at a minimum this provides an intense cardio and upper-body workout with rope swinging and parkour-style acrobatics. But patrolling doesn't provide the full workout he requires. Back at the Batcave, the Dark Knight engages in short but intense sessions that focus on building endurance, maintaining muscle, or practicing combat routines. Batman varies his schedule daily to give his body enough time to recover from the previous workout. These sessions are interspersed with restorative SWS (slow-wave sleep) naps throughout the day.

## SPARRING

Former professional boxer Ted Grant, better known as Wildcat, taught Batman the sweet science of bare-knuckled pugilism. Batman toughens his fists by working a punching bag, and he also practices his footwork against Robin. Sparring, however, is the one area that does not require much gym practice. Batman gets to put his skills to practice throwing punches at Gotham's many crooks each night.



## MONDAY

**MORNING:** Five-mile run, one-hour upper body strength conditioning.

**MIDDAY:** One-hour circuit training session, 20 minutes punching bag.

**EVENING:** Weapon training, 30 minutes swimming, power yoga, or tai chi.

## TUESDAY

**MORNING:** One hour climbing wall, 30 minutes lower body strength conditioning.

**MIDDAY:** One hour circuit training, 30 minutes punching bag.

**EVENING:** Martial arts technical practice.

## WEDNESDAY

**MORNING:** Five-mile run, 30 minutes punching bag session.

**MIDDAY:** 30 minutes circuit training, one hour overall strength conditioning.

**EVENING:** A light sparring session (if a partner is available).

## THURSDAY

**MORNING:** 30 minutes jumping rope, one hour circuit training.

**MIDDAY:** One hour power lifting, 30 minutes kettlebell training.

**EVENING:** One hour punching bag, 30 minutes yoga session.

## FRIDAY

**MORNING:** Five-mile run, one hour upper body strength conditioning.

**MIDDAY:** 30 minutes circuit training, one hour heavy sparring session (if a partner is available).

**EVENING:** One-hour swimming, yoga, or tai chi.

## SATURDAY

**MORNING:** One-hour swim, 30 minutes upper body strength conditioning.

**MIDDAY:** One-hour parkour training, 30 minutes sparring session (if a partner is available).

**EVENING:** One hour circuit training.

## SUNDAY

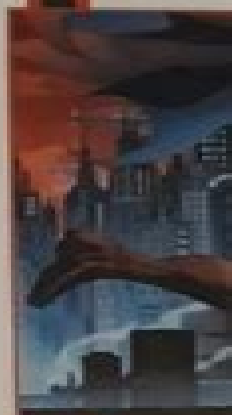
**MORNING:** 10 mile run followed by stretching.

**EVENING:** Technical training e.g. target practice.

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# Latale Knight Training Guide

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