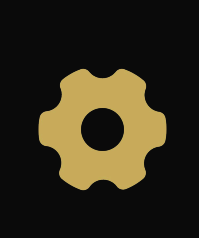


1-DAY MUAY THAI FIGHTER TRAINING SCHEDULE



TIME	TRAINING SCHEDULE (MON-SAT)	NOTES
MORNING 07:30 – 10:00	● LONG RUN (8–12 KM) If fighter does not run: replace with assault bike or skipping rope.	Closer to fight day shift to interval runs, sprints, hill sprints
	● STRETCHING & MOBILITY (10 MIN)	Emphasis on technical improvement
	● SHADOWBOXING (3 ROUNDS)	Fighters with upcoming fights receive extra attention and 1:1 adjustments
	● PADWORK/BAG WORK (9 ROUNDS) Trainers focus on technique.	Wednesday = Sparring only (12 rounds)
	● TECHNIQUE BLOCK (30 MIN): - Technical sparring / clinching - Technical and tactical drills Fighters with upcoming fights work 1:1 with trainers for fight-specific preparation.	
	● CONDITIONING 100 teeps, 200 jump knees, 200 sit-ups, pull-ups, neck strengthening exercises	
	● STRETCHING	
AFTERNOON 16:00 – 18:30	● SKIPPING ROPE (20 MIN)	Afternoon = fight session, high intensity focus.
	● STRETCHING & MOBILITY (10 MIN)	Emphasis on clinching.
	● SHADOWBOXING (2 ROUNDS)	Extra explosive work on assault bike/bag
	● PADWORK/BAG WORK (9 ROUNDS) Trainers focus on intensity.	Saturday = Sparring only (12 rounds)
	● SPARRING (3 ROUNDS)	
	● CLINCH TANK (40 MIN, MAIN FOCUS) Trainers supervise closely, correcting mistakes, and also participate actively in clinch with fighters. Fighters with upcoming fights work with multiple partners.	
	● SHORT SUNSET RUN (3-5 KM)	
	● CONDITIONING OR EXTRA EXPLOSIVE WORK 200 sit-ups, pull-ups, neck strengthening exercises Fighters with upcoming fights explosive drills on assault bike/shadow/bagwork.	
	● STRETCHING	



TRAINING FLEXIBILITY

Each fighter may choose to perform their own strength & conditioning program 1–2 times per week instead of any scheduled training session of their choice.



TRAINING FOCUS

In the beginning of fight camp, concentrate on strength and long runs; towards the second half, concentrate on explosiveness and speed with interval runs / hill sprints.



GYM REPRESENTATION

To fight for the gym – training a minimum of 2 weeks, 2x per day, with daily running is required.