

FIGHT SCHEDULE	Location										
	Date										
	Calendar month										
	Calendar week										
TRAINING CYCLES	Training phases										
	100%										
	90%										
	80%										
	70%										
	60%										
	50%										
	40%										
	30%										
20%											
10%											
	Sub-phases										
	Training week										
	Training day	M	T	W	T	F	S	S			
	Difficulty of Training										
(— Weekly)	Very high										
(▣ Daily)	High										
	Medium										
	Low										
	Very low										
	No training										
PERFORMANCE FACTORS	Testing dates										
	Resistance training										
	Endurance training										
	MMA skills										
	Mental training										
	Nutrition										
	Other										

MTWTFSS														