



MMA FIGHT CAMP

16-WEEK HIGH-PERFORMANCE PROGRAM

PROFESSIONAL DEBUT · 170 LB

SPEED • EXPLOSIVENESS • ENDURANCE
FIGHT PREPARATION

START · AUGUST 24, 2026

Safety Notice and the 170 lb Decision

DIRECT CONCLUSION: Losing 30 lb (15% of body mass) in 16 weeks is aggressive. It may be viable only if enough of the starting mass is fat and the athlete reaches approximately 177–180 lb before fight week. Do not force 170 through dehydration. Obtain reliable body-composition data, sports-medicine clearance, a combat-sports dietitian, and a commission-compliant plan.

This manual is a working framework for review by the head coach, sports physician, and dietitian. It is not medical care. Chest pain, fainting, confusion, persistent vomiting, very dark or absent urine, neurological deficit, joint instability, or concussion symptoms require immediate cessation and evaluation.

Athlete Profile and Planning Assumptions

Variable	Planning basis
Athlete	Male, age 20, 5'11", approximately 200 lb; professional MMA debut.
Camp	Houston, Texas; fight in Florida; 16 weeks beginning August 24, 2026.
Available window	6:00 p.m.–6:00 a.m. Main training 6:30–9:00 p.m.; dinner 9:15 p.m.; sleep 1:00–10:00 a.m.
Injuries	Prior right-shoulder instability; right-ankle sprain approximately one month ago.
Confirm	Exact city/date, rules and rounds, weigh-in timing, body composition, labs, and actual gym schedule.

Operational Contents

- 1. Philosophy and Controls
- 2. Sixteen-Week Periodization
- 3. Day-by-Day Program
- 4. Speed, Strength, and MMA Library
- 5. Shoulder and Ankle Prehabilitation
- 6. Nutrition and Weight Management
- 7. Fight Week and Post-Weigh-In Recovery
- 8. Recovery, Houston Climate, and Florida Travel
- 9. Medical Screening, Supplements, and Anti-Doping
- 10. Checklists and Sources

1. Philosophy and Control System

Availability drives the plan: high-quality technique, fresh speed, power with full recovery, and carefully dosed fight-specific conditioning. Volume rises first, then specificity and intensity; accumulated damage falls as the fight approaches.

- Speed: 3–10-second efforts with 1:6 to 1:12 work-to-rest; stop when speed drops more than 5% or mechanics change.
- Power: 2–5 explosive reps with moderate load and 90–180 seconds of rest.
- Conditioning: fatigue is accepted only when the purpose is repeat-effort capacity.
- Hard sparring: at most one controlled exposure in designated weeks; none during deload, taper, or fight week.
- Daily traffic light: green = proceed; yellow = reduce 20–40%; red = stop and evaluate.

Indicator	Green	Yellow	Red / action
Shoulder/ankle pain	0–2/10, stable	3–4/10 or stiffness	≥5/10, giving way, strength/range loss: stop
RHR	within 5 bpm	+6–9 bpm	+10 bpm for 2 days plus symptoms: deload
Sleep	≥8 h	6.5–7.9 h	<6.5 h plus fatigue: no sparring/speed
Weight	within corridor	>1% outside	>2% outside or >1% loss/week: clinician review
Concussion	no symptoms	uncertain	headache, dizziness, fog, vision change: remove and evaluate

2. Sixteen-Week Periodization

Wk	Phase	Specific objective	Relative vol.	Sparring
1	Base + Assessment	Set training zones, clean mechanics, tissue tolerance, and a sustainable descent.	80%	Technical/situational
2	Base + Capacity	Build aerobic capacity and technical volume without residual fatigue.	90%	Technical/situational
3	Development I	Increase relative strength, acceleration, and entry quality.	100%	Technical/situational
4	Development II	Develop rotational power, repeat-sprint ability, and situational rounds.	105%	Technical/situational
5	Deload 1	Reduce volume 35%; preserve speed; reassess shoulder and ankle.	65%	No
6	Intensification I	Increase specificity: cage work, scrambles, and alactic power.	100%	Technical/situational
7	Intensification II	Execute speed under pressure and strike-to-takedown sequences.	105%	Technical/situational
8	Partial Simulation	Controlled 3×5-minute	95%	One controlled session

Wk	Phase	Specific objective	Relative vol.	Sparring
		blocks; measure sweat and nutrition response.		
9	Deload 2	Absorb load; high-precision technique with low damage.	65%	No
10	Fight-Specific I	Hard situational work, game plan, and between-round recovery.	100%	One controlled session
11	Fight-Specific II	Peak intensity; final major strength and power stimulus.	95%	One controlled session
12	Fight Simulation	One primary simulation while total volume begins to decline.	85%	One controlled session
13	Consolidation	Sharpen the A-game, starts, fence work, and exits; no new skills.	75%	Technical/situational
14	Peak	Maximum speed, short intense rounds, 50–60% of peak volume.	60%	No
15	Taper	Reduce volume 40–55%; brief intensity; no unnecessary damage.	45%	No
16	Fight Week	Freshness, weight check, travel, activation, and competition.	25%	No

3. Day-by-Day Program

Every week follows the microcycle below with the stated weekly modification. Each daily entry includes time, duration, warm-up, exercise prescription, rest, intensity, cooldown, and MMA transfer. The head coach retains authority over technical selections and game-plan changes.

Week 1 • Base + Assessment

WEEKLY ADJUSTMENT: Set training zones, clean mechanics, tissue tolerance, and a sustainable descent. Progression: add one set or 2.5–5% load, never both when mechanics deteriorate.

Mon 24 Aug • 18:30 • Speed + Lower-Body Strength + Wrestling (135 min, RPE 7)

Warm-up: 10 min dynamic mobility; pogo 2×20; skips 2×15 m; ankle knee-to-wall 2×8/side.

Main work: Reaction starts 6×5 s (55 s rest); sprint 6×20 m (2 min); trap-bar deadlift 4×3 @80–85% (3 min); split squat 3×5/side (2 min); broad jump 4×2 (90 s); double-leg entries 6×3/side; wall wrestling 5×2 min (1 min).

Cooldown/recovery: Easy bike/walk 8 min Z1; breathing 4 min; 35–45 g protein + 1.0 g/kg carbohydrate.

MMA transfer: Neural acceleration, relative strength, and explosive entries. Long rests protect speed quality; this is not conditioning disguised as speed.

Tue 25 Aug · 19:00 · Boxing/Muay Thai Speed + Aerobic Base (120 min, RPE 6–7)

Warm-up: Jump rope 5 min; thoracic mobility; shoulder: serratus wall slide 2×10 + cable external rotation 2×12.

Main work: Reaction ball 6×30 s (60 s); signal jab 8×10 s (50 s); 1–2–low-kick 6×15 s (75 s); technical pads 6×3 min (1 min); defense 4×3 min; Z2 30–40 min at conversational pace.

Cooldown/recovery: Shoulder/hip mobility 10 min; complete meal within 90 min.

MMA transfer: Fresh hand and kick speed, precision, and an oxidative base for between-round recovery.

Wed 26 Aug · 18:30 · Grappling/BJJ + Upper-Body Strength (135 min, RPE 7)

Warm-up: Bike 6 min; scap push-up 2×10; landmine press prep; neck isometrics 3×15 s.

Main work: Rotational medicine-ball throw 5×3/side (90 s); weighted pull-up 4×4 (2.5 min); half-kneeling landmine press 4×5/side (2 min); chest-supported row 3×6; farmer carry 4×25 m; positional BJJ 6×3 min; technical ground-and-pound 4×2 min.

Cooldown/recovery: Easy jog 5 min; external rotation 2×15; recovery snack.

MMA transfer: Rotational power, pulling strength, scapular stability, and ground control without unstable overhead loading.

Thu 27 Aug · 19:30 · Active Recovery + Prehab (60 min, RPE 2–3)

Warm-up: Nasal breathing 3 min.

Main work: Bike/swim Z1 25–30 min; ankle: bent-knee calf raise 3×12, balance 3×30 s, band inversion/eversion 2×15; shoulder: isometrics 3×20 s, serratus reach 2×12; hip/T-spine mobility 12 min.

Cooldown/recovery: Light balanced dinner; 10 min down-regulation; 8.5–9 h sleep.

MMA transfer: Restore range, circulation, and shoulder/ankle tolerance while reducing sympathetic load.

Fri 28 Aug · 18:30 · Total-Body Power + Striking/Clinch (135 min, RPE 7–8)

Warm-up: RAMP 15 min; landing mechanics 3×3; progressive shadowboxing.

Main work: Med-ball scoop toss 5×3/side; jump squat 5×3 @20–30% (2 min); neutral-grip dumbbell push press 4×3 only if shoulder is stable; sled push 6×15 m (90 s); power pads 5×3 min; clinch 5×3 min; cage exits 5×90 s.

Cooldown/recovery: Cooldown 10 min; replace fluid from measured weight change; high-carbohydrate dinner.

MMA transfer: Rate of force development, hip-to-trunk transfer, and usable striking/clinch power.

Sat 29 Aug · 18:00 · MMA-Specific + Controlled Sparring (150 min, RPE 7–9 by week)

Warm-up: Mobility 10 min; shadowboxing 3×3; defensive drills 3×2 min.

Main work: Game-plan drilling 4×5 min; situational rounds 4–6×3 min; technical sparring 3–5×5 min at 60–75%; only designated weeks at 80–90%, never a gym war; assault-bike finisher 6×15 s/75 s only if mechanics remain clean.

Cooldown/recovery: Neurological symptom check; recovery meal; no alcohol; record head impacts/headache.

MMA transfer: Integrate decisions, pacing, and transitions. Hard sparring stays scarce to limit unnecessary head trauma.

Sun 30 Aug · 20:00 · Full Rest + Weekly Review (20 min, RPE 1)

Warm-up: Optional easy walk.

Main work: Review 7-day average weight, RHR/HRV, sleep, shoulder/ankle pain 0–10, mood; meal prep; 10 min visualization.

Cooldown/recovery: Prepare hydration and schedule; go to bed on time.

MMA transfer: Supercompensation, early fatigue detection, and weekly adjustment.

Week 2 · Base + Capacity

WEEKLY ADJUSTMENT: Build aerobic capacity and technical volume without residual fatigue.
Progression: add one set or 2.5–5% load, never both when mechanics deteriorate.

Mon 31 Aug · 18:30 · Speed + Lower-Body Strength + Wrestling (135 min, RPE 7)

Warm-up: 10 min dynamic mobility; pogo 2×20; skips 2×15 m; ankle knee-to-wall 2×8/side.

Main work: Reaction starts 6×5 s (55 s rest); sprint 6×20 m (2 min); trap-bar deadlift 4×3 @80–85% (3 min); split squat 3×5/side (2 min); broad jump 4×2 (90 s); double-leg entries 6×3/side; wall wrestling 5×2 min (1 min).

Cooldown/recovery: Easy bike/walk 8 min Z1; breathing 4 min; 35–45 g protein + 1.0 g/kg carbohydrate.

MMA transfer: Neural acceleration, relative strength, and explosive entries. Long rests protect speed quality; this is not conditioning disguised as speed.

Tue 01 Sep · 19:00 · Boxing/Muay Thai Speed + Aerobic Base (120 min, RPE 6–7)

Warm-up: Jump rope 5 min; thoracic mobility; shoulder: serratus wall slide 2×10 + cable external rotation 2×12.

Main work: Reaction ball 6×30 s (60 s); signal jab 8×10 s (50 s); 1–2–low-kick 6×15 s (75 s); technical pads 6×3 min (1 min); defense 4×3 min; Z2 30–40 min at conversational pace.

Cooldown/recovery: Shoulder/hip mobility 10 min; complete meal within 90 min.

MMA transfer: Fresh hand and kick speed, precision, and an oxidative base for between-round recovery.

Wed 02 Sep · 18:30 · Grappling/BJJ + Upper-Body Strength (135 min, RPE 7)

Warm-up: Bike 6 min; scap push-up 2×10; landmine press prep; neck isometrics 3×15 s.

Main work: Rotational medicine-ball throw 5×3/side (90 s); weighted pull-up 4×4 (2.5 min); half-kneeling landmine press 4×5/side (2 min); chest-supported row 3×6; farmer carry 4×25 m; positional BJJ 6×3 min; technical ground-and-pound 4×2 min.

Cooldown/recovery: Easy jog 5 min; external rotation 2×15; recovery snack.

MMA transfer: Rotational power, pulling strength, scapular stability, and ground control without unstable overhead loading.

Thu 03 Sep · 19:30 · Active Recovery + Prehab (60 min, RPE 2–3)

Warm-up: Nasal breathing 3 min.

Main work: Bike/swim Z1 25–30 min; ankle: bent-knee calf raise 3×12, balance 3×30 s, band inversion/eversion 2×15; shoulder: isometrics 3×20 s, serratus reach 2×12; hip/T-spine mobility 12 min.

Cooldown/recovery: Light balanced dinner; 10 min down-regulation; 8.5–9 h sleep.

MMA transfer: Restore range, circulation, and shoulder/ankle tolerance while reducing sympathetic load.

Fri 04 Sep · 18:30 · Total-Body Power + Striking/Clinch (135 min, RPE 7-8)

Warm-up: RAMP 15 min; landing mechanics 3×3; progressive shadowboxing.

Main work: Med-ball scoop toss 5×3/side; jump squat 5×3 @20–30% (2 min); neutral-grip dumbbell push press 4×3 only if shoulder is stable; sled push 6×15 m (90 s); power pads 5×3 min; clinch 5×3 min; cage exits 5×90 s.

Cooldown/recovery: Cooldown 10 min; replace fluid from measured weight change; high-carbohydrate dinner.

MMA transfer: Rate of force development, hip-to-trunk transfer, and usable striking/clinch power.

Sat 05 Sep · 18:00 · MMA-Specific + Controlled Sparring (150 min, RPE 7-9 by week)

Warm-up: Mobility 10 min; shadowboxing 3×3; defensive drills 3×2 min.

Main work: Game-plan drilling 4×5 min; situational rounds 4–6×3 min; technical sparring 3–5×5 min at 60–75%; only designated weeks at 80–90%, never a gym war; assault-bike finisher 6×15 s/75 s only if mechanics remain clean.

Cooldown/recovery: Neurological symptom check; recovery meal; no alcohol; record head impacts/headache.

MMA transfer: Integrate decisions, pacing, and transitions. Hard sparring stays scarce to limit unnecessary head trauma.

Sun 06 Sep · 20:00 · Full Rest + Weekly Review (20 min, RPE 1)

Warm-up: Optional easy walk.

Main work: Review 7-day average weight, RHR/HRV, sleep, shoulder/ankle pain 0–10, mood; meal prep; 10 min visualization.

Cooldown/recovery: Prepare hydration and schedule; go to bed on time.

MMA transfer: Supercompensation, early fatigue detection, and weekly adjustment.

Week 3 · Development I

WEEKLY ADJUSTMENT: Increase relative strength, acceleration, and entry quality. Progression: add one set or 2.5–5% load, never both when mechanics deteriorate.

Mon 07 Sep · 18:30 · Speed + Lower-Body Strength + Wrestling (135 min, RPE 7)

Warm-up: 10 min dynamic mobility; pogo 2×20; skips 2×15 m; ankle knee-to-wall 2×8/side.

Main work: Reaction starts 6×5 s (55 s rest); sprint 6×20 m (2 min); trap-bar deadlift 4×3 @80–85% (3 min); split squat 3×5/side (2 min); broad jump 4×2 (90 s); double-leg entries 6×3/side; wall wrestling 5×2 min (1 min).

Cooldown/recovery: Easy bike/walk 8 min Z1; breathing 4 min; 35–45 g protein + 1.0 g/kg carbohydrate.

MMA transfer: Neural acceleration, relative strength, and explosive entries. Long rests protect speed quality; this is not conditioning disguised as speed.

Tue 08 Sep · 19:00 · Boxing/Muay Thai Speed + Aerobic Base (120 min, RPE 6-7)

Warm-up: Jump rope 5 min; thoracic mobility; shoulder: serratus wall slide 2×10 + cable external rotation 2×12.

Main work: Reaction ball 6×30 s (60 s); signal jab 8×10 s (50 s); 1–2–low-kick 6×15 s (75 s); technical pads 6×3 min (1 min); defense 4×3 min; Z2 30–40 min at conversational pace.

Cooldown/recovery: Shoulder/hip mobility 10 min; complete meal within 90 min.

MMA transfer: Fresh hand and kick speed, precision, and an oxidative base for between-round recovery.

Wed 09 Sep • 18:30 • Grappling/BJJ + Upper-Body Strength (135 min, RPE 7)

Warm-up: Bike 6 min; scap push-up 2×10; landmine press prep; neck isometrics 3×15 s.

Main work: Rotational medicine-ball throw 5×3/side (90 s); weighted pull-up 4×4 (2.5 min); half-kneeling landmine press 4×5/side (2 min); chest-supported row 3×6; farmer carry 4×25 m; positional BJJ 6×3 min; technical ground-and-pound 4×2 min.

Cooldown/recovery: Easy jog 5 min; external rotation 2×15; recovery snack.

MMA transfer: Rotational power, pulling strength, scapular stability, and ground control without unstable overhead loading.

Thu 10 Sep • 19:30 • Active Recovery + Prehab (60 min, RPE 2–3)

Warm-up: Nasal breathing 3 min.

Main work: Bike/swim Z1 25–30 min; ankle: bent-knee calf raise 3×12, balance 3×30 s, band inversion/eversion 2×15; shoulder: isometrics 3×20 s, serratus reach 2×12; hip/T-spine mobility 12 min.

Cooldown/recovery: Light balanced dinner; 10 min down-regulation; 8.5–9 h sleep.

MMA transfer: Restore range, circulation, and shoulder/ankle tolerance while reducing sympathetic load.

Fri 11 Sep • 18:30 • Total-Body Power + Striking/Clinch (135 min, RPE 7–8)

Warm-up: RAMP 15 min; landing mechanics 3×3; progressive shadowboxing.

Main work: Med-ball scoop toss 5×3/side; jump squat 5×3 @20–30% (2 min); neutral-grip dumbbell push press 4×3 only if shoulder is stable; sled push 6×15 m (90 s); power pads 5×3 min; clinch 5×3 min; cage exits 5×90 s.

Cooldown/recovery: Cooldown 10 min; replace fluid from measured weight change; high-carbohydrate dinner.

MMA transfer: Rate of force development, hip-to-trunk transfer, and usable striking/clinch power.

Sat 12 Sep • 18:00 • MMA-Specific + Controlled Sparring (150 min, RPE 7–9 by week)

Warm-up: Mobility 10 min; shadowboxing 3×3; defensive drills 3×2 min.

Main work: Game-plan drilling 4×5 min; situational rounds 4–6×3 min; technical sparring 3–5×5 min at 60–75%; only designated weeks at 80–90%, never a gym war; assault-bike finisher 6×15 s/75 s only if mechanics remain clean.

Cooldown/recovery: Neurological symptom check; recovery meal; no alcohol; record head impacts/headache.

MMA transfer: Integrate decisions, pacing, and transitions. Hard sparring stays scarce to limit unnecessary head trauma.

Sun 13 Sep • 20:00 • Full Rest + Weekly Review (20 min, RPE 1)

Warm-up: Optional easy walk.

Main work: Review 7-day average weight, RHR/HRV, sleep, shoulder/ankle pain 0–10, mood; meal prep; 10 min visualization.

Cooldown/recovery: Prepare hydration and schedule; go to bed on time.

MMA transfer: Supercompensation, early fatigue detection, and weekly adjustment.

Week 4 • Development II

WEEKLY ADJUSTMENT: Develop rotational power, repeat-sprint ability, and situational rounds.
Progression: add one set or 2.5–5% load, never both when mechanics deteriorate.

Mon 14 Sep • 18:30 • Speed + Lower-Body Strength + Wrestling (135 min, RPE 7)

Warm-up: 10 min dynamic mobility; pogo 2×20; skips 2×15 m; ankle knee-to-wall 2×8/side.

Main work: Reaction starts 6×5 s (55 s rest); sprint 6×20 m (2 min); trap-bar deadlift 4×3 @80–85% (3 min); split squat 3×5/side (2 min); broad jump 4×2 (90 s); double-leg entries 6×3/side; wall wrestling 5×2 min (1 min).

Cooldown/recovery: Easy bike/walk 8 min Z1; breathing 4 min; 35–45 g protein + 1.0 g/kg carbohydrate.

MMA transfer: Neural acceleration, relative strength, and explosive entries. Long rests protect speed quality; this is not conditioning disguised as speed.

Tue 15 Sep • 19:00 • Boxing/Muay Thai Speed + Aerobic Base (120 min, RPE 6–7)

Warm-up: Jump rope 5 min; thoracic mobility; shoulder: serratus wall slide 2×10 + cable external rotation 2×12.

Main work: Reaction ball 6×30 s (60 s); signal jab 8×10 s (50 s); 1–2–low-kick 6×15 s (75 s); technical pads 6×3 min (1 min); defense 4×3 min; Z2 30–40 min at conversational pace.

Cooldown/recovery: Shoulder/hip mobility 10 min; complete meal within 90 min.

MMA transfer: Fresh hand and kick speed, precision, and an oxidative base for between-round recovery.

Wed 16 Sep • 18:30 • Grappling/BJJ + Upper-Body Strength (135 min, RPE 7)

Warm-up: Bike 6 min; scap push-up 2×10; landmine press prep; neck isometrics 3×15 s.

Main work: Rotational medicine-ball throw 5×3/side (90 s); weighted pull-up 4×4 (2.5 min); half-kneeling landmine press 4×5/side (2 min); chest-supported row 3×6; farmer carry 4×25 m; positional BJJ 6×3 min; technical ground-and-pound 4×2 min.

Cooldown/recovery: Easy jog 5 min; external rotation 2×15; recovery snack.

MMA transfer: Rotational power, pulling strength, scapular stability, and ground control without unstable overhead loading.

Thu 17 Sep • 19:30 • Active Recovery + Prehab (60 min, RPE 2–3)

Warm-up: Nasal breathing 3 min.

Main work: Bike/swim Z1 25–30 min; ankle: bent-knee calf raise 3×12, balance 3×30 s, band inversion/eversion 2×15; shoulder: isometrics 3×20 s, serratus reach 2×12; hip/T-spine mobility 12 min.

Cooldown/recovery: Light balanced dinner; 10 min down-regulation; 8.5–9 h sleep.

MMA transfer: Restore range, circulation, and shoulder/ankle tolerance while reducing sympathetic load.

Fri 18 Sep • 18:30 • Total-Body Power + Striking/Clinch (135 min, RPE 7–8)

Warm-up: RAMP 15 min; landing mechanics 3×3; progressive shadowboxing.

Main work: Med-ball scoop toss 5×3/side; jump squat 5×3 @20–30% (2 min); neutral-grip dumbbell push press 4×3 only if shoulder is stable; sled push 6×15 m (90 s); power pads 5×3 min; clinch 5×3 min; cage exits 5×90 s.

Cooldown/recovery: Cooldown 10 min; replace fluid from measured weight change; high-carbohydrate dinner.

MMA transfer: Rate of force development, hip-to-trunk transfer, and usable striking/clinch power.

Sat 19 Sep · 18:00 · MMA-Specific + Controlled Sparring (150 min, RPE 7–9 by week)

Warm-up: Mobility 10 min; shadowboxing 3×3; defensive drills 3×2 min.

Main work: Game-plan drilling 4×5 min; situational rounds 4–6×3 min; technical sparring 3–5×5 min at 60–75%; only designated weeks at 80–90%, never a gym war; assault-bike finisher 6×15 s/75 s only if mechanics remain clean.

Cooldown/recovery: Neurological symptom check; recovery meal; no alcohol; record head impacts/headache.

MMA transfer: Integrate decisions, pacing, and transitions. Hard sparring stays scarce to limit unnecessary head trauma.

Sun 20 Sep · 20:00 · Full Rest + Weekly Review (20 min, RPE 1)

Warm-up: Optional easy walk.

Main work: Review 7-day average weight, RHR/HRV, sleep, shoulder/ankle pain 0–10, mood; meal prep; 10 min visualization.

Cooldown/recovery: Prepare hydration and schedule; go to bed on time.

MMA transfer: Supercompensation, early fatigue detection, and weekly adjustment.

Week 5 · Deload 1

WEEKLY ADJUSTMENT: Reduce volume 35%; preserve speed; reassess shoulder and ankle. Deload: cut sets/rounds 35–40%, keep RPE ≤6, and eliminate hard sparring.

Mon 21 Sep · 18:30 · Speed + Lower-Body Strength + Wrestling (135 min, RPE 7)

Warm-up: 10 min dynamic mobility; pogo 2×20; skips 2×15 m; ankle knee-to-wall 2×8/side.

Main work: Reaction starts 6×5 s (55 s rest); sprint 6×20 m (2 min); trap-bar deadlift 4×3 @80–85% (3 min); split squat 3×5/side (2 min); broad jump 4×2 (90 s); double-leg entries 6×3/side; wall wrestling 5×2 min (1 min).

Cooldown/recovery: Easy bike/walk 8 min Z1; breathing 4 min; 35–45 g protein + 1.0 g/kg carbohydrate.

MMA transfer: Neural acceleration, relative strength, and explosive entries. Long rests protect speed quality; this is not conditioning disguised as speed.

Tue 22 Sep · 19:00 · Boxing/Muay Thai Speed + Aerobic Base (120 min, RPE 6–7)

Warm-up: Jump rope 5 min; thoracic mobility; shoulder: serratus wall slide 2×10 + cable external rotation 2×12.

Main work: Reaction ball 6×30 s (60 s); signal jab 8×10 s (50 s); 1–2–low-kick 6×15 s (75 s); technical pads 6×3 min (1 min); defense 4×3 min; Z2 30–40 min at conversational pace.

Cooldown/recovery: Shoulder/hip mobility 10 min; complete meal within 90 min.

MMA transfer: Fresh hand and kick speed, precision, and an oxidative base for between-round recovery.

Wed 23 Sep · 18:30 · Grappling/BJJ + Upper-Body Strength (135 min, RPE 7)

Warm-up: Bike 6 min; scap push-up 2×10; landmine press prep; neck isometrics 3×15 s.

Main work: Rotational medicine-ball throw 5×3/side (90 s); weighted pull-up 4×4 (2.5 min); half-kneeling landmine press 4×5/side (2 min); chest-supported row 3×6; farmer carry 4×25 m; positional BJJ 6×3 min; technical ground-and-pound 4×2 min.

Cooldown/recovery: Easy jog 5 min; external rotation 2×15; recovery snack.

MMA transfer: Rotational power, pulling strength, scapular stability, and ground control without unstable overhead loading.

Thu 24 Sep · 19:30 · Active Recovery + Prehab (60 min, RPE 2–3)

Warm-up: Nasal breathing 3 min.

Main work: Bike/swim Z1 25–30 min; ankle: bent-knee calf raise 3×12, balance 3×30 s, band inversion/eversion 2×15; shoulder: isometrics 3×20 s, serratus reach 2×12; hip/T-spine mobility 12 min.

Cooldown/recovery: Light balanced dinner; 10 min down-regulation; 8.5–9 h sleep.

MMA transfer: Restore range, circulation, and shoulder/ankle tolerance while reducing sympathetic load.

Fri 25 Sep · 18:30 · Total-Body Power + Striking/Clinch (135 min, RPE 7–8)

Warm-up: RAMP 15 min; landing mechanics 3×3; progressive shadowboxing.

Main work: Med-ball scoop toss 5×3/side; jump squat 5×3 @20–30% (2 min); neutral-grip dumbbell push press 4×3 only if shoulder is stable; sled push 6×15 m (90 s); power pads 5×3 min; clinch 5×3 min; cage exits 5×90 s.

Cooldown/recovery: Cooldown 10 min; replace fluid from measured weight change; high-carbohydrate dinner.

MMA transfer: Rate of force development, hip-to-trunk transfer, and usable striking/clinch power.

Sat 26 Sep · 18:00 · MMA-Specific + Controlled Sparring (150 min, RPE 7–9 by week)

Warm-up: Mobility 10 min; shadowboxing 3×3; defensive drills 3×2 min.

Main work: Game-plan drilling 4×5 min; situational rounds 4–6×3 min; technical sparring 3–5×5 min at 60–75%; only designated weeks at 80–90%, never a gym war; assault-bike finisher 6×15 s/75 s only if mechanics remain clean.

Cooldown/recovery: Neurological symptom check; recovery meal; no alcohol; record head impacts/headache.

MMA transfer: Integrate decisions, pacing, and transitions. Hard sparring stays scarce to limit unnecessary head trauma.

Sun 27 Sep · 20:00 · Full Rest + Weekly Review (20 min, RPE 1)

Warm-up: Optional easy walk.

Main work: Review 7-day average weight, RHR/HRV, sleep, shoulder/ankle pain 0–10, mood; meal prep; 10 min visualization.

Cooldown/recovery: Prepare hydration and schedule; go to bed on time.

MMA transfer: Supercompensation, early fatigue detection, and weekly adjustment.

Week 6 · Intensification I

WEEKLY ADJUSTMENT: Increase specificity: cage work, scrambles, and alactic power. Progression: add one set or 2.5–5% load, never both when mechanics deteriorate.

Mon 28 Sep · 18:30 · Speed + Lower-Body Strength + Wrestling (135 min, RPE 7)

Warm-up: 10 min dynamic mobility; pogo 2×20; skips 2×15 m; ankle knee-to-wall 2×8/side.

Main work: Reaction starts 6×5 s (55 s rest); sprint 6×20 m (2 min); trap-bar deadlift 4×3 @80–85% (3 min); split squat 3×5/side (2 min); broad jump 4×2 (90 s); double-leg entries 6×3/side; wall wrestling 5×2 min (1 min).

Cooldown/recovery: Easy bike/walk 8 min Z1; breathing 4 min; 35–45 g protein + 1.0 g/kg carbohydrate.

MMA transfer: Neural acceleration, relative strength, and explosive entries. Long rests protect speed quality; this is not conditioning disguised as speed.

Tue 29 Sep · 19:00 · Boxing/Muay Thai Speed + Aerobic Base (120 min, RPE 6–7)

Warm-up: Jump rope 5 min; thoracic mobility; shoulder: serratus wall slide 2×10 + cable external rotation 2×12.

Main work: Reaction ball 6×30 s (60 s); signal jab 8×10 s (50 s); 1–2–low-kick 6×15 s (75 s); technical pads 6×3 min (1 min); defense 4×3 min; Z2 30–40 min at conversational pace.

Cooldown/recovery: Shoulder/hip mobility 10 min; complete meal within 90 min.

MMA transfer: Fresh hand and kick speed, precision, and an oxidative base for between-round recovery.

Wed 30 Sep · 18:30 · Grappling/BJJ + Upper-Body Strength (135 min, RPE 7)

Warm-up: Bike 6 min; scap push-up 2×10; landmine press prep; neck isometrics 3×15 s.

Main work: Rotational medicine-ball throw 5×3/side (90 s); weighted pull-up 4×4 (2.5 min); half-kneeling landmine press 4×5/side (2 min); chest-supported row 3×6; farmer carry 4×25 m; positional BJJ 6×3 min; technical ground-and-pound 4×2 min.

Cooldown/recovery: Easy jog 5 min; external rotation 2×15; recovery snack.

MMA transfer: Rotational power, pulling strength, scapular stability, and ground control without unstable overhead loading.

Thu 01 Oct · 19:30 · Active Recovery + Prehab (60 min, RPE 2–3)

Warm-up: Nasal breathing 3 min.

Main work: Bike/swim Z1 25–30 min; ankle: bent-knee calf raise 3×12, balance 3×30 s, band inversion/eversion 2×15; shoulder: isometrics 3×20 s, serratus reach 2×12; hip/T-spine mobility 12 min.

Cooldown/recovery: Light balanced dinner; 10 min down-regulation; 8.5–9 h sleep.

MMA transfer: Restore range, circulation, and shoulder/ankle tolerance while reducing sympathetic load.

Fri 02 Oct · 18:30 · Total-Body Power + Striking/Clinch (135 min, RPE 7–8)

Warm-up: RAMP 15 min; landing mechanics 3×3; progressive shadowboxing.

Main work: Med-ball scoop toss 5×3/side; jump squat 5×3 @20–30% (2 min); neutral-grip dumbbell push press 4×3 only if shoulder is stable; sled push 6×15 m (90 s); power pads 5×3 min; clinch 5×3 min; cage exits 5×90 s.

Cooldown/recovery: Cooldown 10 min; replace fluid from measured weight change; high-carbohydrate dinner.

MMA transfer: Rate of force development, hip-to-trunk transfer, and usable striking/clinch power.

Sat 03 Oct · 18:00 · MMA-Specific + Controlled Sparring (150 min, RPE 7–9 by week)

Warm-up: Mobility 10 min; shadowboxing 3×3; defensive drills 3×2 min.

Main work: Game-plan drilling 4×5 min; situational rounds 4–6×3 min; technical sparring 3–5×5 min at 60–75%; only designated weeks at 80–90%, never a gym war; assault-bike finisher 6×15 s/75 s only if mechanics remain clean.

Cooldown/recovery: Neurological symptom check; recovery meal; no alcohol; record head impacts/headache.

MMA transfer: Integrate decisions, pacing, and transitions. Hard sparring stays scarce to limit unnecessary head trauma.

Sun 04 Oct · 20:00 · Full Rest + Weekly Review (20 min, RPE 1)

Warm-up: Optional easy walk.

Main work: Review 7-day average weight, RHR/HRV, sleep, shoulder/ankle pain 0–10, mood; meal prep; 10 min visualization.

Cooldown/recovery: Prepare hydration and schedule; go to bed on time.

MMA transfer: Supercompensation, early fatigue detection, and weekly adjustment.

Week 7 · Intensification II

WEEKLY ADJUSTMENT: Execute speed under pressure and strike-to-takedown sequences. Progression: add one set or 2.5–5% load, never both when mechanics deteriorate.

Mon 05 Oct · 18:30 · Speed + Lower-Body Strength + Wrestling (135 min, RPE 7)

Warm-up: 10 min dynamic mobility; pogo 2×20; skips 2×15 m; ankle knee-to-wall 2×8/side.

Main work: Reaction starts 6×5 s (55 s rest); sprint 6×20 m (2 min); trap-bar deadlift 4×3 @80–85% (3 min); split squat 3×5/side (2 min); broad jump 4×2 (90 s); double-leg entries 6×3/side; wall wrestling 5×2 min (1 min).

Cooldown/recovery: Easy bike/walk 8 min Z1; breathing 4 min; 35–45 g protein + 1.0 g/kg carbohydrate.

MMA transfer: Neural acceleration, relative strength, and explosive entries. Long rests protect speed quality; this is not conditioning disguised as speed.

Tue 06 Oct · 19:00 · Boxing/Muay Thai Speed + Aerobic Base (120 min, RPE 6–7)

Warm-up: Jump rope 5 min; thoracic mobility; shoulder: serratus wall slide 2×10 + cable external rotation 2×12.

Main work: Reaction ball 6×30 s (60 s); signal jab 8×10 s (50 s); 1–2–low-kick 6×15 s (75 s); technical pads 6×3 min (1 min); defense 4×3 min; Z2 30–40 min at conversational pace.

Cooldown/recovery: Shoulder/hip mobility 10 min; complete meal within 90 min.

MMA transfer: Fresh hand and kick speed, precision, and an oxidative base for between-round recovery.

Wed 07 Oct · 18:30 · Grappling/BJJ + Upper-Body Strength (135 min, RPE 7)

Warm-up: Bike 6 min; scap push-up 2×10; landmine press prep; neck isometrics 3×15 s.

Main work: Rotational medicine-ball throw 5×3/side (90 s); weighted pull-up 4×4 (2.5 min); half-kneeling landmine press 4×5/side (2 min); chest-supported row 3×6; farmer carry 4×25 m; positional BJJ 6×3 min; technical ground-and-pound 4×2 min.

Cooldown/recovery: Easy jog 5 min; external rotation 2×15; recovery snack.

MMA transfer: Rotational power, pulling strength, scapular stability, and ground control without unstable overhead loading.

Thu 08 Oct · 19:30 · Active Recovery + Prehab (60 min, RPE 2–3)**Warm-up:** Nasal breathing 3 min.**Main work:** Bike/swim Z1 25–30 min; ankle: bent-knee calf raise 3×12, balance 3×30 s, band inversion/eversion 2×15; shoulder: isometrics 3×20 s, serratus reach 2×12; hip/T-spine mobility 12 min.**Cooldown/recovery:** Light balanced dinner; 10 min down-regulation; 8.5–9 h sleep.**MMA transfer:** Restore range, circulation, and shoulder/ankle tolerance while reducing sympathetic load.**Fri 09 Oct · 18:30 · Total-Body Power + Striking/Clinch (135 min, RPE 7–8)****Warm-up:** RAMP 15 min; landing mechanics 3×3; progressive shadowboxing.**Main work:** Med-ball scoop toss 5×3/side; jump squat 5×3 @20–30% (2 min); neutral-grip dumbbell push press 4×3 only if shoulder is stable; sled push 6×15 m (90 s); power pads 5×3 min; clinch 5×3 min; cage exits 5×90 s.**Cooldown/recovery:** Cooldown 10 min; replace fluid from measured weight change; high-carbohydrate dinner.**MMA transfer:** Rate of force development, hip-to-trunk transfer, and usable striking/clinch power.**Sat 10 Oct · 18:00 · MMA-Specific + Controlled Sparring (150 min, RPE 7–9 by week)****Warm-up:** Mobility 10 min; shadowboxing 3×3; defensive drills 3×2 min.**Main work:** Game-plan drilling 4×5 min; situational rounds 4–6×3 min; technical sparring 3–5×5 min at 60–75%; only designated weeks at 80–90%, never a gym war; assault-bike finisher 6×15 s/75 s only if mechanics remain clean.**Cooldown/recovery:** Neurological symptom check; recovery meal; no alcohol; record head impacts/headache.**MMA transfer:** Integrate decisions, pacing, and transitions. Hard sparring stays scarce to limit unnecessary head trauma.**Sun 11 Oct · 20:00 · Full Rest + Weekly Review (20 min, RPE 1)****Warm-up:** Optional easy walk.**Main work:** Review 7-day average weight, RHR/HRV, sleep, shoulder/ankle pain 0–10, mood; meal prep; 10 min visualization.**Cooldown/recovery:** Prepare hydration and schedule; go to bed on time.**MMA transfer:** Supercompensation, early fatigue detection, and weekly adjustment.**Week 8 · Partial Simulation****WEEKLY ADJUSTMENT:** Controlled 3×5-minute blocks; measure sweat and nutrition response. Progression: add one set or 2.5–5% load, never both when mechanics deteriorate.**Mon 12 Oct · 18:30 · Speed + Lower-Body Strength + Wrestling (135 min, RPE 7)****Warm-up:** 10 min dynamic mobility; pogo 2×20; skips 2×15 m; ankle knee-to-wall 2×8/side.**Main work:** Reaction starts 6×5 s (55 s rest); sprint 6×20 m (2 min); trap-bar deadlift 4×3 @80–85% (3 min); split squat 3×5/side (2 min); broad jump 4×2 (90 s); double-leg entries 6×3/side; wall wrestling 5×2 min (1 min).**Cooldown/recovery:** Easy bike/walk 8 min Z1; breathing 4 min; 35–45 g protein + 1.0 g/kg carbohydrate.

MMA transfer: Neural acceleration, relative strength, and explosive entries. Long rests protect speed quality; this is not conditioning disguised as speed.

Tue 13 Oct · 19:00 · Boxing/Muay Thai Speed + Aerobic Base (120 min, RPE 6–7)

Warm-up: Jump rope 5 min; thoracic mobility; shoulder: serratus wall slide 2×10 + cable external rotation 2×12.

Main work: Reaction ball 6×30 s (60 s); signal jab 8×10 s (50 s); 1–2–low-kick 6×15 s (75 s); technical pads 6×3 min (1 min); defense 4×3 min; Z2 30–40 min at conversational pace.

Cooldown/recovery: Shoulder/hip mobility 10 min; complete meal within 90 min.

MMA transfer: Fresh hand and kick speed, precision, and an oxidative base for between-round recovery.

Wed 14 Oct · 18:30 · Grappling/BJJ + Upper-Body Strength (135 min, RPE 7)

Warm-up: Bike 6 min; scap push-up 2×10; landmine press prep; neck isometrics 3×15 s.

Main work: Rotational medicine-ball throw 5×3/side (90 s); weighted pull-up 4×4 (2.5 min); half-kneeling landmine press 4×5/side (2 min); chest-supported row 3×6; farmer carry 4×25 m; positional BJJ 6×3 min; technical ground-and-pound 4×2 min.

Cooldown/recovery: Easy jog 5 min; external rotation 2×15; recovery snack.

MMA transfer: Rotational power, pulling strength, scapular stability, and ground control without unstable overhead loading.

Thu 15 Oct · 19:30 · Active Recovery + Prehab (60 min, RPE 2–3)

Warm-up: Nasal breathing 3 min.

Main work: Bike/swim Z1 25–30 min; ankle: bent-knee calf raise 3×12, balance 3×30 s, band inversion/eversion 2×15; shoulder: isometrics 3×20 s, serratus reach 2×12; hip/T-spine mobility 12 min.

Cooldown/recovery: Light balanced dinner; 10 min down-regulation; 8.5–9 h sleep.

MMA transfer: Restore range, circulation, and shoulder/ankle tolerance while reducing sympathetic load.

Fri 16 Oct · 18:30 · Total-Body Power + Striking/Clinch (135 min, RPE 7–8)

Warm-up: RAMP 15 min; landing mechanics 3×3; progressive shadowboxing.

Main work: Med-ball scoop toss 5×3/side; jump squat 5×3 @20–30% (2 min); neutral-grip dumbbell push press 4×3 only if shoulder is stable; sled push 6×15 m (90 s); power pads 5×3 min; clinch 5×3 min; cage exits 5×90 s.

Cooldown/recovery: Cooldown 10 min; replace fluid from measured weight change; high-carbohydrate dinner.

MMA transfer: Rate of force development, hip-to-trunk transfer, and usable striking/clinch power.

Sat 17 Oct · 18:00 · MMA-Specific + Controlled Sparring (150 min, RPE 7–9 by week)

Warm-up: Mobility 10 min; shadowboxing 3×3; defensive drills 3×2 min.

Main work: Game-plan drilling 4×5 min; situational rounds 4–6×3 min; technical sparring 3–5×5 min at 60–75%; only designated weeks at 80–90%, never a gym war; assault-bike finisher 6×15 s/75 s only if mechanics remain clean.

Cooldown/recovery: Neurological symptom check; recovery meal; no alcohol; record head impacts/headache.

MMA transfer: Integrate decisions, pacing, and transitions. Hard sparring stays scarce to limit unnecessary head trauma.

Sun 18 Oct · 20:00 · Full Rest + Weekly Review (20 min, RPE 1)**Warm-up:** Optional easy walk.**Main work:** Review 7-day average weight, RHR/HRV, sleep, shoulder/ankle pain 0–10, mood; meal prep; 10 min visualization.**Cooldown/recovery:** Prepare hydration and schedule; go to bed on time.**MMA transfer:** Supercompensation, early fatigue detection, and weekly adjustment.**Week 9 · Deload 2****WEEKLY ADJUSTMENT:** Absorb load; high-precision technique with low damage. Deload: cut sets/rounds 35–40%, keep RPE ≤ 6 , and eliminate hard sparring.**Mon 19 Oct · 18:30 · Speed + Lower-Body Strength + Wrestling (135 min, RPE 7)****Warm-up:** 10 min dynamic mobility; pogo 2×20; skips 2×15 m; ankle knee-to-wall 2×8/side.**Main work:** Reaction starts 6×5 s (55 s rest); sprint 6×20 m (2 min); trap-bar deadlift 4×3 @80–85% (3 min); split squat 3×5/side (2 min); broad jump 4×2 (90 s); double-leg entries 6×3/side; wall wrestling 5×2 min (1 min).**Cooldown/recovery:** Easy bike/walk 8 min Z1; breathing 4 min; 35–45 g protein + 1.0 g/kg carbohydrate.**MMA transfer:** Neural acceleration, relative strength, and explosive entries. Long rests protect speed quality; this is not conditioning disguised as speed.**Tue 20 Oct · 19:00 · Boxing/Muay Thai Speed + Aerobic Base (120 min, RPE 6–7)****Warm-up:** Jump rope 5 min; thoracic mobility; shoulder: serratus wall slide 2×10 + cable external rotation 2×12.**Main work:** Reaction ball 6×30 s (60 s); signal jab 8×10 s (50 s); 1–2–low-kick 6×15 s (75 s); technical pads 6×3 min (1 min); defense 4×3 min; Z2 30–40 min at conversational pace.**Cooldown/recovery:** Shoulder/hip mobility 10 min; complete meal within 90 min.**MMA transfer:** Fresh hand and kick speed, precision, and an oxidative base for between-round recovery.**Wed 21 Oct · 18:30 · Grappling/BJJ + Upper-Body Strength (135 min, RPE 7)****Warm-up:** Bike 6 min; scap push-up 2×10; landmine press prep; neck isometrics 3×15 s.**Main work:** Rotational medicine-ball throw 5×3/side (90 s); weighted pull-up 4×4 (2.5 min); half-kneeling landmine press 4×5/side (2 min); chest-supported row 3×6; farmer carry 4×25 m; positional BJJ 6×3 min; technical ground-and-pound 4×2 min.**Cooldown/recovery:** Easy jog 5 min; external rotation 2×15; recovery snack.**MMA transfer:** Rotational power, pulling strength, scapular stability, and ground control without unstable overhead loading.**Thu 22 Oct · 19:30 · Active Recovery + Prehab (60 min, RPE 2–3)****Warm-up:** Nasal breathing 3 min.**Main work:** Bike/swim Z1 25–30 min; ankle: bent-knee calf raise 3×12, balance 3×30 s, band inversion/eversion 2×15; shoulder: isometrics 3×20 s, serratus reach 2×12; hip/T-spine mobility 12 min.**Cooldown/recovery:** Light balanced dinner; 10 min down-regulation; 8.5–9 h sleep.

MMA transfer: Restore range, circulation, and shoulder/ankle tolerance while reducing sympathetic load.

Fri 23 Oct • 18:30 • Total-Body Power + Striking/Clinch (135 min, RPE 7-8)

Warm-up: RAMP 15 min; landing mechanics 3×3; progressive shadowboxing.

Main work: Med-ball scoop toss 5×3/side; jump squat 5×3 @20–30% (2 min); neutral-grip dumbbell push press 4×3 only if shoulder is stable; sled push 6×15 m (90 s); power pads 5×3 min; clinch 5×3 min; cage exits 5×90 s.

Cooldown/recovery: Cooldown 10 min; replace fluid from measured weight change; high-carbohydrate dinner.

MMA transfer: Rate of force development, hip-to-trunk transfer, and usable striking/clinch power.

Sat 24 Oct • 18:00 • MMA-Specific + Controlled Sparring (150 min, RPE 7-9 by week)

Warm-up: Mobility 10 min; shadowboxing 3×3; defensive drills 3×2 min.

Main work: Game-plan drilling 4×5 min; situational rounds 4–6×3 min; technical sparring 3–5×5 min at 60–75%; only designated weeks at 80–90%, never a gym war; assault-bike finisher 6×15 s/75 s only if mechanics remain clean.

Cooldown/recovery: Neurological symptom check; recovery meal; no alcohol; record head impacts/headache.

MMA transfer: Integrate decisions, pacing, and transitions. Hard sparring stays scarce to limit unnecessary head trauma.

Sun 25 Oct • 20:00 • Full Rest + Weekly Review (20 min, RPE 1)

Warm-up: Optional easy walk.

Main work: Review 7-day average weight, RHR/HRV, sleep, shoulder/ankle pain 0–10, mood; meal prep; 10 min visualization.

Cooldown/recovery: Prepare hydration and schedule; go to bed on time.

MMA transfer: Supercompensation, early fatigue detection, and weekly adjustment.

Week 10 • Fight-Specific I

WEEKLY ADJUSTMENT: Hard situational work, game plan, and between-round recovery. Specific load: maintain quality; add one round only with a green readiness score.

Mon 26 Oct • 18:30 • Speed + Lower-Body Strength + Wrestling (135 min, RPE 7)

Warm-up: 10 min dynamic mobility; pogo 2×20; skips 2×15 m; ankle knee-to-wall 2×8/side.

Main work: Reaction starts 6×5 s (55 s rest); sprint 6×20 m (2 min); trap-bar deadlift 4×3 @80–85% (3 min); split squat 3×5/side (2 min); broad jump 4×2 (90 s); double-leg entries 6×3/side; wall wrestling 5×2 min (1 min).

Cooldown/recovery: Easy bike/walk 8 min Z1; breathing 4 min; 35–45 g protein + 1.0 g/kg carbohydrate.

MMA transfer: Neural acceleration, relative strength, and explosive entries. Long rests protect speed quality; this is not conditioning disguised as speed.

Tue 27 Oct • 19:00 • Boxing/Muay Thai Speed + Aerobic Base (120 min, RPE 6-7)

Warm-up: Jump rope 5 min; thoracic mobility; shoulder: serratus wall slide 2×10 + cable external rotation 2×12.

Main work: Reaction ball 6×30 s (60 s); signal jab 8×10 s (50 s); 1–2–low-kick 6×15 s (75 s); technical pads 6×3 min (1 min); defense 4×3 min; Z2 30–40 min at conversational pace.

Cooldown/recovery: Shoulder/hip mobility 10 min; complete meal within 90 min.

MMA transfer: Fresh hand and kick speed, precision, and an oxidative base for between-round recovery.

Wed 28 Oct · 18:30 · Grappling/BJJ + Upper-Body Strength (135 min, RPE 7)

Warm-up: Bike 6 min; scap push-up 2×10; landmine press prep; neck isometrics 3×15 s.

Main work: Rotational medicine-ball throw 5×3/side (90 s); weighted pull-up 4×4 (2.5 min); half-kneeling landmine press 4×5/side (2 min); chest-supported row 3×6; farmer carry 4×25 m; positional BJJ 6×3 min; technical ground-and-pound 4×2 min.

Cooldown/recovery: Easy jog 5 min; external rotation 2×15; recovery snack.

MMA transfer: Rotational power, pulling strength, scapular stability, and ground control without unstable overhead loading.

Thu 29 Oct · 19:30 · Active Recovery + Prehab (60 min, RPE 2–3)

Warm-up: Nasal breathing 3 min.

Main work: Bike/swim Z1 25–30 min; ankle: bent-knee calf raise 3×12, balance 3×30 s, band inversion/eversion 2×15; shoulder: isometrics 3×20 s, serratus reach 2×12; hip/T-spine mobility 12 min.

Cooldown/recovery: Light balanced dinner; 10 min down-regulation; 8.5–9 h sleep.

MMA transfer: Restore range, circulation, and shoulder/ankle tolerance while reducing sympathetic load.

Fri 30 Oct · 18:30 · Total-Body Power + Striking/Clinch (135 min, RPE 7–8)

Warm-up: RAMP 15 min; landing mechanics 3×3; progressive shadowboxing.

Main work: Med-ball scoop toss 5×3/side; jump squat 5×3 @20–30% (2 min); neutral-grip dumbbell push press 4×3 only if shoulder is stable; sled push 6×15 m (90 s); power pads 5×3 min; clinch 5×3 min; cage exits 5×90 s.

Cooldown/recovery: Cooldown 10 min; replace fluid from measured weight change; high-carbohydrate dinner.

MMA transfer: Rate of force development, hip-to-trunk transfer, and usable striking/clinch power.

Sat 31 Oct · 18:00 · MMA-Specific + Controlled Sparring (150 min, RPE 7–9 by week)

Warm-up: Mobility 10 min; shadowboxing 3×3; defensive drills 3×2 min.

Main work: Game-plan drilling 4×5 min; situational rounds 4–6×3 min; technical sparring 3–5×5 min at 60–75%; only designated weeks at 80–90%, never a gym war; assault-bike finisher 6×15 s/75 s only if mechanics remain clean.

Cooldown/recovery: Neurological symptom check; recovery meal; no alcohol; record head impacts/headache.

MMA transfer: Integrate decisions, pacing, and transitions. Hard sparring stays scarce to limit unnecessary head trauma.

Sun 01 Nov · 20:00 · Full Rest + Weekly Review (20 min, RPE 1)

Warm-up: Optional easy walk.

Main work: Review 7-day average weight, RHR/HRV, sleep, shoulder/ankle pain 0–10, mood; meal prep; 10 min visualization.

Cooldown/recovery: Prepare hydration and schedule; go to bed on time.

MMA transfer: Supercompensation, early fatigue detection, and weekly adjustment.

Week 11 • Fight-Specific II

WEEKLY ADJUSTMENT: Peak intensity; final major strength and power stimulus. Specific load: maintain quality; add one round only with a green readiness score.

Mon 02 Nov • 18:30 • Speed + Lower-Body Strength + Wrestling (135 min, RPE 7)

Warm-up: 10 min dynamic mobility; pogo 2×20; skips 2×15 m; ankle knee-to-wall 2×8/side.

Main work: Reaction starts 6×5 s (55 s rest); sprint 6×20 m (2 min); trap-bar deadlift 4×3 @80–85% (3 min); split squat 3×5/side (2 min); broad jump 4×2 (90 s); double-leg entries 6×3/side; wall wrestling 5×2 min (1 min).

Cooldown/recovery: Easy bike/walk 8 min Z1; breathing 4 min; 35–45 g protein + 1.0 g/kg carbohydrate.

MMA transfer: Neural acceleration, relative strength, and explosive entries. Long rests protect speed quality; this is not conditioning disguised as speed.

Tue 03 Nov • 19:00 • Boxing/Muay Thai Speed + Aerobic Base (120 min, RPE 6–7)

Warm-up: Jump rope 5 min; thoracic mobility; shoulder: serratus wall slide 2×10 + cable external rotation 2×12.

Main work: Reaction ball 6×30 s (60 s); signal jab 8×10 s (50 s); 1–2–low-kick 6×15 s (75 s); technical pads 6×3 min (1 min); defense 4×3 min; Z2 30–40 min at conversational pace.

Cooldown/recovery: Shoulder/hip mobility 10 min; complete meal within 90 min.

MMA transfer: Fresh hand and kick speed, precision, and an oxidative base for between-round recovery.

Wed 04 Nov • 18:30 • Grappling/BJJ + Upper-Body Strength (135 min, RPE 7)

Warm-up: Bike 6 min; scap push-up 2×10; landmine press prep; neck isometrics 3×15 s.

Main work: Rotational medicine-ball throw 5×3/side (90 s); weighted pull-up 4×4 (2.5 min); half-kneeling landmine press 4×5/side (2 min); chest-supported row 3×6; farmer carry 4×25 m; positional BJJ 6×3 min; technical ground-and-pound 4×2 min.

Cooldown/recovery: Easy jog 5 min; external rotation 2×15; recovery snack.

MMA transfer: Rotational power, pulling strength, scapular stability, and ground control without unstable overhead loading.

Thu 05 Nov • 19:30 • Active Recovery + Prehab (60 min, RPE 2–3)

Warm-up: Nasal breathing 3 min.

Main work: Bike/swim Z1 25–30 min; ankle: bent-knee calf raise 3×12, balance 3×30 s, band inversion/eversion 2×15; shoulder: isometrics 3×20 s, serratus reach 2×12; hip/T-spine mobility 12 min.

Cooldown/recovery: Light balanced dinner; 10 min down-regulation; 8.5–9 h sleep.

MMA transfer: Restore range, circulation, and shoulder/ankle tolerance while reducing sympathetic load.

Fri 06 Nov • 18:30 • Total-Body Power + Striking/Clinch (135 min, RPE 7–8)

Warm-up: RAMP 15 min; landing mechanics 3×3; progressive shadowboxing.

Main work: Med-ball scoop toss 5×3/side; jump squat 5×3 @20–30% (2 min); neutral-grip dumbbell push press 4×3 only if shoulder is stable; sled push 6×15 m (90 s); power pads 5×3 min; clinch 5×3 min; cage exits 5×90 s.

Cooldown/recovery: Cooldown 10 min; replace fluid from measured weight change; high-carbohydrate dinner.

MMA transfer: Rate of force development, hip-to-trunk transfer, and usable striking/clinch power.

Sat 07 Nov · 18:00 · MMA-Specific + Controlled Sparring (150 min, RPE 7–9 by week)

Warm-up: Mobility 10 min; shadowboxing 3×3; defensive drills 3×2 min.

Main work: Game-plan drilling 4×5 min; situational rounds 4–6×3 min; technical sparring 3–5×5 min at 60–75%; only designated weeks at 80–90%, never a gym war; assault-bike finisher 6×15 s/75 s only if mechanics remain clean.

Cooldown/recovery: Neurological symptom check; recovery meal; no alcohol; record head impacts/headache.

MMA transfer: Integrate decisions, pacing, and transitions. Hard sparring stays scarce to limit unnecessary head trauma.

Sun 08 Nov · 20:00 · Full Rest + Weekly Review (20 min, RPE 1)

Warm-up: Optional easy walk.

Main work: Review 7-day average weight, RHR/HRV, sleep, shoulder/ankle pain 0–10, mood; meal prep; 10 min visualization.

Cooldown/recovery: Prepare hydration and schedule; go to bed on time.

MMA transfer: Supercompensation, early fatigue detection, and weekly adjustment.

Week 12 · Fight Simulation

WEEKLY ADJUSTMENT: One primary simulation while total volume begins to decline. Specific load: maintain quality; add one round only with a green readiness score.

Mon 09 Nov · 18:30 · Speed + Lower-Body Strength + Wrestling (135 min, RPE 7)

Warm-up: 10 min dynamic mobility; pogo 2×20; skips 2×15 m; ankle knee-to-wall 2×8/side.

Main work: Reaction starts 6×5 s (55 s rest); sprint 6×20 m (2 min); trap-bar deadlift 4×3 @80–85% (3 min); split squat 3×5/side (2 min); broad jump 4×2 (90 s); double-leg entries 6×3/side; wall wrestling 5×2 min (1 min).

Cooldown/recovery: Easy bike/walk 8 min Z1; breathing 4 min; 35–45 g protein + 1.0 g/kg carbohydrate.

MMA transfer: Neural acceleration, relative strength, and explosive entries. Long rests protect speed quality; this is not conditioning disguised as speed.

Tue 10 Nov · 19:00 · Boxing/Muay Thai Speed + Aerobic Base (120 min, RPE 6–7)

Warm-up: Jump rope 5 min; thoracic mobility; shoulder: serratus wall slide 2×10 + cable external rotation 2×12.

Main work: Reaction ball 6×30 s (60 s); signal jab 8×10 s (50 s); 1–2–low-kick 6×15 s (75 s); technical pads 6×3 min (1 min); defense 4×3 min; Z2 30–40 min at conversational pace.

Cooldown/recovery: Shoulder/hip mobility 10 min; complete meal within 90 min.

MMA transfer: Fresh hand and kick speed, precision, and an oxidative base for between-round recovery.

Wed 11 Nov · 18:30 · Grappling/BJJ + Upper-Body Strength (135 min, RPE 7)

Warm-up: Bike 6 min; scap push-up 2×10; landmine press prep; neck isometrics 3×15 s.

Main work: Rotational medicine-ball throw 5×3/side (90 s); weighted pull-up 4×4 (2.5 min); half-kneeling landmine press 4×5/side (2 min); chest-supported row 3×6; farmer carry 4×25 m; positional BJJ 6×3 min; technical ground-and-pound 4×2 min.

Cooldown/recovery: Easy jog 5 min; external rotation 2×15; recovery snack.

MMA transfer: Rotational power, pulling strength, scapular stability, and ground control without unstable overhead loading.

Thu 12 Nov · 19:30 · Active Recovery + Prehab (60 min, RPE 2–3)

Warm-up: Nasal breathing 3 min.

Main work: Bike/swim Z1 25–30 min; ankle: bent-knee calf raise 3×12, balance 3×30 s, band inversion/eversion 2×15; shoulder: isometrics 3×20 s, serratus reach 2×12; hip/T-spine mobility 12 min.

Cooldown/recovery: Light balanced dinner; 10 min down-regulation; 8.5–9 h sleep.

MMA transfer: Restore range, circulation, and shoulder/ankle tolerance while reducing sympathetic load.

Fri 13 Nov · 18:30 · Total-Body Power + Striking/Clinch (135 min, RPE 7–8)

Warm-up: RAMP 15 min; landing mechanics 3×3; progressive shadowboxing.

Main work: Med-ball scoop toss 5×3/side; jump squat 5×3 @20–30% (2 min); neutral-grip dumbbell push press 4×3 only if shoulder is stable; sled push 6×15 m (90 s); power pads 5×3 min; clinch 5×3 min; cage exits 5×90 s.

Cooldown/recovery: Cooldown 10 min; replace fluid from measured weight change; high-carbohydrate dinner.

MMA transfer: Rate of force development, hip-to-trunk transfer, and usable striking/clinch power.

Sat 14 Nov · 18:00 · MMA-Specific + Controlled Sparring (150 min, RPE 7–9 by week)

Warm-up: Mobility 10 min; shadowboxing 3×3; defensive drills 3×2 min.

Main work: Game-plan drilling 4×5 min; situational rounds 4–6×3 min; technical sparring 3–5×5 min at 60–75%; only designated weeks at 80–90%, never a gym war; assault-bike finisher 6×15 s/75 s only if mechanics remain clean.

Cooldown/recovery: Neurological symptom check; recovery meal; no alcohol; record head impacts/headache.

MMA transfer: Integrate decisions, pacing, and transitions. Hard sparring stays scarce to limit unnecessary head trauma.

Sun 15 Nov · 20:00 · Full Rest + Weekly Review (20 min, RPE 1)

Warm-up: Optional easy walk.

Main work: Review 7-day average weight, RHR/HRV, sleep, shoulder/ankle pain 0–10, mood; meal prep; 10 min visualization.

Cooldown/recovery: Prepare hydration and schedule; go to bed on time.

MMA transfer: Supercompensation, early fatigue detection, and weekly adjustment.

Week 13 · Consolidation

WEEKLY ADJUSTMENT: Sharpen the A-game, starts, fence work, and exits; no new skills. Specific load: maintain quality; add one round only with a green readiness score.

Mon 16 Nov · 18:30 · Speed + Lower-Body Strength + Wrestling (135 min, RPE 7)

Warm-up: 10 min dynamic mobility; pogo 2×20; skips 2×15 m; ankle knee-to-wall 2×8/side.

Main work: Reaction starts 6×5 s (55 s rest); sprint 6×20 m (2 min); trap-bar deadlift 4×3 @80–85% (3 min); split squat 3×5/side (2 min); broad jump 4×2 (90 s); double-leg entries 6×3/side; wall wrestling 5×2 min (1 min).

Cooldown/recovery: Easy bike/walk 8 min Z1; breathing 4 min; 35–45 g protein + 1.0 g/kg carbohydrate.

MMA transfer: Neural acceleration, relative strength, and explosive entries. Long rests protect speed quality; this is not conditioning disguised as speed.

Tue 17 Nov · 19:00 · Boxing/Muay Thai Speed + Aerobic Base (120 min, RPE 6–7)

Warm-up: Jump rope 5 min; thoracic mobility; shoulder: serratus wall slide 2×10 + cable external rotation 2×12.

Main work: Reaction ball 6×30 s (60 s); signal jab 8×10 s (50 s); 1–2–low-kick 6×15 s (75 s); technical pads 6×3 min (1 min); defense 4×3 min; Z2 30–40 min at conversational pace.

Cooldown/recovery: Shoulder/hip mobility 10 min; complete meal within 90 min.

MMA transfer: Fresh hand and kick speed, precision, and an oxidative base for between-round recovery.

Wed 18 Nov · 18:30 · Grappling/BJJ + Upper-Body Strength (135 min, RPE 7)

Warm-up: Bike 6 min; scap push-up 2×10; landmine press prep; neck isometrics 3×15 s.

Main work: Rotational medicine-ball throw 5×3/side (90 s); weighted pull-up 4×4 (2.5 min); half-kneeling landmine press 4×5/side (2 min); chest-supported row 3×6; farmer carry 4×25 m; positional BJJ 6×3 min; technical ground-and-pound 4×2 min.

Cooldown/recovery: Easy jog 5 min; external rotation 2×15; recovery snack.

MMA transfer: Rotational power, pulling strength, scapular stability, and ground control without unstable overhead loading.

Thu 19 Nov · 19:30 · Active Recovery + Prehab (60 min, RPE 2–3)

Warm-up: Nasal breathing 3 min.

Main work: Bike/swim Z1 25–30 min; ankle: bent-knee calf raise 3×12, balance 3×30 s, band inversion/eversion 2×15; shoulder: isometrics 3×20 s, serratus reach 2×12; hip/T-spine mobility 12 min.

Cooldown/recovery: Light balanced dinner; 10 min down-regulation; 8.5–9 h sleep.

MMA transfer: Restore range, circulation, and shoulder/ankle tolerance while reducing sympathetic load.

Fri 20 Nov · 18:30 · Total-Body Power + Striking/Clinch (135 min, RPE 7–8)

Warm-up: RAMP 15 min; landing mechanics 3×3; progressive shadowboxing.

Main work: Med-ball scoop toss 5×3/side; jump squat 5×3 @20–30% (2 min); neutral-grip dumbbell push press 4×3 only if shoulder is stable; sled push 6×15 m (90 s); power pads 5×3 min; clinch 5×3 min; cage exits 5×90 s.

Cooldown/recovery: Cooldown 10 min; replace fluid from measured weight change; high-carbohydrate dinner.

MMA transfer: Rate of force development, hip-to-trunk transfer, and usable striking/clinch power.

Sat 21 Nov · 18:00 · MMA-Specific + Controlled Sparring (150 min, RPE 7–9 by week)

Warm-up: Mobility 10 min; shadowboxing 3×3; defensive drills 3×2 min.

Main work: Game-plan drilling 4×5 min; situational rounds 4–6×3 min; technical sparring 3–5×5 min at 60–75%; only designated weeks at 80–90%, never a gym war; assault-bike finisher 6×15 s/75 s only if mechanics remain clean.

Cooldown/recovery: Neurological symptom check; recovery meal; no alcohol; record head impacts/headache.

MMA transfer: Integrate decisions, pacing, and transitions. Hard sparring stays scarce to limit unnecessary head trauma.

Sun 22 Nov • 20:00 • Full Rest + Weekly Review (20 min, RPE 1)

Warm-up: Optional easy walk.

Main work: Review 7-day average weight, RHR/HRV, sleep, shoulder/ankle pain 0–10, mood; meal prep; 10 min visualization.

Cooldown/recovery: Prepare hydration and schedule; go to bed on time.

MMA transfer: Supercompensation, early fatigue detection, and weekly adjustment.

Week 14 • Peak

WEEKLY ADJUSTMENT: Maximum speed, short intense rounds, 50–60% of peak volume. Taper: cut volume 45–60%, preserve 2–3 fast efforts, and eliminate damage.

Mon 23 Nov • 18:30 • Speed + Lower-Body Strength + Wrestling (135 min, RPE 7)

Warm-up: 10 min dynamic mobility; pogo 2×20; skips 2×15 m; ankle knee-to-wall 2×8/side.

Main work: Reaction starts 6×5 s (55 s rest); sprint 6×20 m (2 min); trap-bar deadlift 4×3 @80–85% (3 min); split squat 3×5/side (2 min); broad jump 4×2 (90 s); double-leg entries 6×3/side; wall wrestling 5×2 min (1 min).

Cooldown/recovery: Easy bike/walk 8 min Z1; breathing 4 min; 35–45 g protein + 1.0 g/kg carbohydrate.

MMA transfer: Neural acceleration, relative strength, and explosive entries. Long rests protect speed quality; this is not conditioning disguised as speed.

Tue 24 Nov • 19:00 • Boxing/Muay Thai Speed + Aerobic Base (120 min, RPE 6–7)

Warm-up: Jump rope 5 min; thoracic mobility; shoulder: serratus wall slide 2×10 + cable external rotation 2×12.

Main work: Reaction ball 6×30 s (60 s); signal jab 8×10 s (50 s); 1–2–low-kick 6×15 s (75 s); technical pads 6×3 min (1 min); defense 4×3 min; Z2 30–40 min at conversational pace.

Cooldown/recovery: Shoulder/hip mobility 10 min; complete meal within 90 min.

MMA transfer: Fresh hand and kick speed, precision, and an oxidative base for between-round recovery.

Wed 25 Nov • 18:30 • Grappling/BJJ + Upper-Body Strength (135 min, RPE 7)

Warm-up: Bike 6 min; scap push-up 2×10; landmine press prep; neck isometrics 3×15 s.

Main work: Rotational medicine-ball throw 5×3/side (90 s); weighted pull-up 4×4 (2.5 min); half-kneeling landmine press 4×5/side (2 min); chest-supported row 3×6; farmer carry 4×25 m; positional BJJ 6×3 min; technical ground-and-pound 4×2 min.

Cooldown/recovery: Easy jog 5 min; external rotation 2×15; recovery snack.

MMA transfer: Rotational power, pulling strength, scapular stability, and ground control without unstable overhead loading.

Thu 26 Nov · 19:30 · Active Recovery + Prehab (60 min, RPE 2–3)**Warm-up:** Nasal breathing 3 min.**Main work:** Bike/swim Z1 25–30 min; ankle: bent-knee calf raise 3×12, balance 3×30 s, band inversion/eversion 2×15; shoulder: isometrics 3×20 s, serratus reach 2×12; hip/T-spine mobility 12 min.**Cooldown/recovery:** Light balanced dinner; 10 min down-regulation; 8.5–9 h sleep.**MMA transfer:** Restore range, circulation, and shoulder/ankle tolerance while reducing sympathetic load.**Fri 27 Nov · 18:30 · Total-Body Power + Striking/Clinch (135 min, RPE 7–8)****Warm-up:** RAMP 15 min; landing mechanics 3×3; progressive shadowboxing.**Main work:** Med-ball scoop toss 5×3/side; jump squat 5×3 @20–30% (2 min); neutral-grip dumbbell push press 4×3 only if shoulder is stable; sled push 6×15 m (90 s); power pads 5×3 min; clinch 5×3 min; cage exits 5×90 s.**Cooldown/recovery:** Cooldown 10 min; replace fluid from measured weight change; high-carbohydrate dinner.**MMA transfer:** Rate of force development, hip-to-trunk transfer, and usable striking/clinch power.**Sat 28 Nov · 18:00 · MMA-Specific + Controlled Sparring (150 min, RPE 7–9 by week)****Warm-up:** Mobility 10 min; shadowboxing 3×3; defensive drills 3×2 min.**Main work:** Game-plan drilling 4×5 min; situational rounds 4–6×3 min; technical sparring 3–5×5 min at 60–75%; only designated weeks at 80–90%, never a gym war; assault-bike finisher 6×15 s/75 s only if mechanics remain clean.**Cooldown/recovery:** Neurological symptom check; recovery meal; no alcohol; record head impacts/headache.**MMA transfer:** Integrate decisions, pacing, and transitions. Hard sparring stays scarce to limit unnecessary head trauma.**Sun 29 Nov · 20:00 · Full Rest + Weekly Review (20 min, RPE 1)****Warm-up:** Optional easy walk.**Main work:** Review 7-day average weight, RHR/HRV, sleep, shoulder/ankle pain 0–10, mood; meal prep; 10 min visualization.**Cooldown/recovery:** Prepare hydration and schedule; go to bed on time.**MMA transfer:** Supercompensation, early fatigue detection, and weekly adjustment.**Week 15 · Taper****WEEKLY ADJUSTMENT:** Reduce volume 40–55%; brief intensity; no unnecessary damage. Taper: cut volume 45–60%, preserve 2–3 fast efforts, and eliminate damage.**Mon 30 Nov · 18:30 · Speed + Lower-Body Strength + Wrestling (135 min, RPE 7)****Warm-up:** 10 min dynamic mobility; pogo 2×20; skips 2×15 m; ankle knee-to-wall 2×8/side.**Main work:** Reaction starts 6×5 s (55 s rest); sprint 6×20 m (2 min); trap-bar deadlift 4×3 @80–85% (3 min); split squat 3×5/side (2 min); broad jump 4×2 (90 s); double-leg entries 6×3/side; wall wrestling 5×2 min (1 min).**Cooldown/recovery:** Easy bike/walk 8 min Z1; breathing 4 min; 35–45 g protein + 1.0 g/kg carbohydrate.

MMA transfer: Neural acceleration, relative strength, and explosive entries. Long rests protect speed quality; this is not conditioning disguised as speed.

Tue 01 Dec · 19:00 · Boxing/Muay Thai Speed + Aerobic Base (120 min, RPE 6–7)

Warm-up: Jump rope 5 min; thoracic mobility; shoulder: serratus wall slide 2×10 + cable external rotation 2×12.

Main work: Reaction ball 6×30 s (60 s); signal jab 8×10 s (50 s); 1–2–low-kick 6×15 s (75 s); technical pads 6×3 min (1 min); defense 4×3 min; Z2 30–40 min at conversational pace.

Cooldown/recovery: Shoulder/hip mobility 10 min; complete meal within 90 min.

MMA transfer: Fresh hand and kick speed, precision, and an oxidative base for between-round recovery.

Wed 02 Dec · 18:30 · Grappling/BJJ + Upper-Body Strength (135 min, RPE 7)

Warm-up: Bike 6 min; scap push-up 2×10; landmine press prep; neck isometrics 3×15 s.

Main work: Rotational medicine-ball throw 5×3/side (90 s); weighted pull-up 4×4 (2.5 min); half-kneeling landmine press 4×5/side (2 min); chest-supported row 3×6; farmer carry 4×25 m; positional BJJ 6×3 min; technical ground-and-pound 4×2 min.

Cooldown/recovery: Easy jog 5 min; external rotation 2×15; recovery snack.

MMA transfer: Rotational power, pulling strength, scapular stability, and ground control without unstable overhead loading.

Thu 03 Dec · 19:30 · Active Recovery + Prehab (60 min, RPE 2–3)

Warm-up: Nasal breathing 3 min.

Main work: Bike/swim Z1 25–30 min; ankle: bent-knee calf raise 3×12, balance 3×30 s, band inversion/eversion 2×15; shoulder: isometrics 3×20 s, serratus reach 2×12; hip/T-spine mobility 12 min.

Cooldown/recovery: Light balanced dinner; 10 min down-regulation; 8.5–9 h sleep.

MMA transfer: Restore range, circulation, and shoulder/ankle tolerance while reducing sympathetic load.

Fri 04 Dec · 18:30 · Total-Body Power + Striking/Clinch (135 min, RPE 7–8)

Warm-up: RAMP 15 min; landing mechanics 3×3; progressive shadowboxing.

Main work: Med-ball scoop toss 5×3/side; jump squat 5×3 @20–30% (2 min); neutral-grip dumbbell push press 4×3 only if shoulder is stable; sled push 6×15 m (90 s); power pads 5×3 min; clinch 5×3 min; cage exits 5×90 s.

Cooldown/recovery: Cooldown 10 min; replace fluid from measured weight change; high-carbohydrate dinner.

MMA transfer: Rate of force development, hip-to-trunk transfer, and usable striking/clinch power.

Sat 05 Dec · 18:00 · MMA-Specific + Controlled Sparring (150 min, RPE 7–9 by week)

Warm-up: Mobility 10 min; shadowboxing 3×3; defensive drills 3×2 min.

Main work: Game-plan drilling 4×5 min; situational rounds 4–6×3 min; technical sparring 3–5×5 min at 60–75%; only designated weeks at 80–90%, never a gym war; assault-bike finisher 6×15 s/75 s only if mechanics remain clean.

Cooldown/recovery: Neurological symptom check; recovery meal; no alcohol; record head impacts/headache.

MMA transfer: Integrate decisions, pacing, and transitions. Hard sparring stays scarce to limit unnecessary head trauma.

Sun 06 Dec · 20:00 · Full Rest + Weekly Review (20 min, RPE 1)

Warm-up: Optional easy walk.

Main work: Review 7-day average weight, RHR/HRV, sleep, shoulder/ankle pain 0–10, mood; meal prep; 10 min visualization.

Cooldown/recovery: Prepare hydration and schedule; go to bed on time.

MMA transfer: Supercompensation, early fatigue detection, and weekly adjustment.

Week 16 · Fight Week

WEEKLY ADJUSTMENT: Freshness, weight check, travel, activation, and competition. Fight week: 25–45-minute sessions, supervised weight plan only, and nothing new.

Mon 07 Dec · 18:30 · Mobility + Brief Speed (45 min, RPE 2–5)

Warm-up: 10 min dynamic mobility; pogo 2×20; skips 2×15 m; ankle knee-to-wall 2×8/side.

Main work: Reduce to 25% of normal volume. Use familiar patterns only. On weigh-in day, follow only the individualized physician/dietitian plan; on fight day, use a progressive 30–40-minute warm-up.

Cooldown/recovery: Recover, hydrate according to the plan, and prioritize sleep.

MMA transfer: Neural acceleration, relative strength, and explosive entries. Long rests protect speed quality; this is not conditioning disguised as speed.

Tue 08 Dec · 19:00 · Technical Pads + Reaction (55 min, RPE 2–5)

Warm-up: Jump rope 5 min; thoracic mobility; shoulder: serratus wall slide 2×10 + cable external rotation 2×12.

Main work: Reduce to 25% of normal volume. Use familiar patterns only. On weigh-in day, follow only the individualized physician/dietitian plan; on fight day, use a progressive 30–40-minute warm-up.

Cooldown/recovery: Recover, hydrate according to the plan, and prioritize sleep.

MMA transfer: Fresh hand and kick speed, precision, and an oxidative base for between-round recovery.

Wed 09 Dec · 18:30 · Grappling Flow + Activation (50 min, RPE 2–5)

Warm-up: Bike 6 min; scap push-up 2×10; landmine press prep; neck isometrics 3×15 s.

Main work: Reduce to 25% of normal volume. Use familiar patterns only. On weigh-in day, follow only the individualized physician/dietitian plan; on fight day, use a progressive 30–40-minute warm-up.

Cooldown/recovery: Recover, hydrate according to the plan, and prioritize sleep.

MMA transfer: Rotational power, pulling strength, scapular stability, and ground control without unstable overhead loading.

Thu 10 Dec · 19:30 · Travel/Recovery or Rest (30 min, RPE 2–5)

Warm-up: Nasal breathing 3 min.

Main work: Reduce to 25% of normal volume. Use familiar patterns only. On weigh-in day, follow only the individualized physician/dietitian plan; on fight day, use a progressive 30–40-minute warm-up.

Cooldown/recovery: Recover, hydrate according to the plan, and prioritize sleep.

MMA transfer: Restore range, circulation, and shoulder/ankle tolerance while reducing sympathetic load.

Fri 11 Dec · 18:30 · Shakeout + Medical Check (35 min, RPE 2–5)

Warm-up: RAMP 15 min; landing mechanics 3×3; progressive shadowboxing.

Main work: Reduce to 25% of normal volume. Use familiar patterns only. On weigh-in day, follow only the individualized physician/dietitian plan; on fight day, use a progressive 30–40-minute warm-up.

Cooldown/recovery: Recover, hydrate according to the plan, and prioritize sleep.

MMA transfer: Rate of force development, hip-to-trunk transfer, and usable striking/clinch power.

Sat 12 Dec · 18:00 · WEIGH-IN / Supervised Rehydration (30 min, RPE 2–5)

Warm-up: Mobility 10 min; shadowboxing 3×3; defensive drills 3×2 min.

Main work: Reduce to 25% of normal volume. Use familiar patterns only. On weigh-in day, follow only the individualized physician/dietitian plan; on fight day, use a progressive 30–40-minute warm-up.

Cooldown/recovery: Recover, hydrate according to the plan, and prioritize sleep.

MMA transfer: Integrate decisions, pacing, and transitions. Hard sparring stays scarce to limit unnecessary head trauma.

Sun 13 Dec · 20:00 · FIGHT / Activation (60 min, RPE 2–5)

Warm-up: Optional easy walk.

Main work: Reduce to 25% of normal volume. Use familiar patterns only. On weigh-in day, follow only the individualized physician/dietitian plan; on fight day, use a progressive 30–40-minute warm-up.

Cooldown/recovery: Recover, hydrate according to the plan, and prioritize sleep.

MMA transfer: Supercompensation, early fatigue detection, and weekly adjustment.

4. Speed, Strength, and MMA Exercise Library

Exercise	Execution / dose	Common errors	Development / transfer
Reaction ball	Partner drops or points; 6×20–30 s, 60 s rest.	Chasing while fatigued; tall stance.	Visual processing and first response.
Signal jab	Relaxed guard; one perfect punch, 8×10 s/50 s.	Tense shoulders; continuing after a miss.	Neural hand speed.
Signal low kick	One clean maximal kick; recover stance; 6×5/side.	Falling out of position.	Hip speed and rapid recovery.
20 m sprint	Athletic start; maximal acceleration; 6 reps/2 min.	Turning it into intervals.	Explosive entry and level change.
Med-ball scoop toss	Rotate foot–hip–trunk; 5×3/side.	Arms only; excessive reps.	Rotational striking/takedown power.
Trap-bar deadlift	Brace and drive the floor; 4×3 @80–85%.	Grinding reps; flexed back.	Relative strength with low technical cost.
Landmine press	Free scapula, neutral grip; 4×5/side.	Anterior humeral glide.	Shoulder-tolerant functional pressing.
Wall wrestling	Pummel, head position, underhook, exit; 5×2 min.	Strength only; static feet.	Clinch, takedown defense, and cage control.
Assault-bike repeat sprint	6×15 s hard /75 s easy.	Adding it after technique has failed.	Repeated anaerobic explosiveness.

Illustrated Technique Plates

The images are visual orientation aids, not substitutes for live coaching. The coach must correct stance, range, loading, and pain response in real time.

Speed and reaction



Left: reaction-ball stance—hips back, eyes forward, hands relaxed. Center: sprint acceleration—project the body forward and drive the ground behind you. Right: signal jab—shoulders relaxed, rear hand protecting the face, immediate return to guard.

Explosive power



Left: medicine-ball scoop throw—load the rear hip and rotate foot, hip, and trunk as one sequence. Center: broad jump—quiet landing with knees tracking over toes. Right: sled push—neutral trunk, strong shin angle, short forceful steps.

Functional strength

Left: trap-bar deadlift—brace before lifting, keep the load centered, and stop before grinding. Center: half-kneeling landmine press—glute engaged, ribs down, press up and forward; the illustration is positional guidance and the coach must verify the bar path. Right: farmer carry—tall posture, quiet trunk, controlled steps.

Shoulder and ankle prehabilitation



Top left: serratus wall slide—forearms maintain contact without shrugging. Top right: external rotation—elbow stays at the side and the shoulder does not roll forward. Bottom left: knee-to-wall—drive the knee toward the wall while the heel stays down; use the manual’s range criterion rather than copying the pictured distance. Bottom right: single-leg balance—level pelvis, soft knee, stable foot tripod.

5. Shoulder and Ankle Prehabilitation

Right Shoulder

- Before pressing/grappling: scapular push-up 2×10, serratus wall slide 2×10, external rotation 2×12, isometric 3×20 s.
- Prefer landmine and neutral-grip dumbbell pressing. Avoid heavy military press, deep dips, kipping, and apprehension positions until cleared.
- Stop for slipping sensation, painful clunk, dead arm, sudden strength loss, numbness, or worsening pain above 3/10. Prior instability warrants sports medicine and physical therapy.

Right Ankle

- Daily: knee-to-wall 2×8, straight- and bent-knee calf raises 3×12, single-leg balance 3×30 s, inversion/eversion 2×15.
- Jump progression: double-leg → single-leg → lateral only with no next-day swelling and 10 controlled pain-free hops.
- Stop or modify for giving way, focal bone pain, increasing swelling, limp, or >2 cm dorsiflexion loss versus the uninjured side.

6. Nutrition and Weight Management

Initial estimate, not false precision: Mifflin–St Jeor resting needs are approximately 1,915 kcal/day; likely camp maintenance is 3,000–3,500 kcal/day. Start near 2,850–3,100 kcal on hard days and 2,550–2,800 on light days, then adjust from the 7-day weight trend, performance, hunger, and body composition. Indirect calorimetry improves the estimate.

Day	Protein	Carbohydrate	Fat	Timing
Hard/double	180–200 g	350–450 g	70–85 g	60–90 g CHO + 25–35 g protein 2–3 h pre; 30–60 g CHO/h if >90 min; 1.0–1.2 g/kg CHO + 35–45 g protein post.
Light	180–200 g	250–325 g	75–90 g	Protein across 4–5 feedings; keep high fiber away from sparring.
Rest	180–200 g	200–275 g	80–95 g	Maintain protein; reduce carbohydrate without eliminating it.

Fasting

Time-restricted eating has no special fat-loss advantage over an equal calorie deficit and may impair evening training. If preferred, use a moderate 12:00 p.m.–10:30 p.m. window rather than extreme fasting; meals at 12:00 and 3:30, pre-training food at 5:00, fluid/carbohydrate during training, and dinner at 9:15–10:00. Stop if power, sleep, or total protein falls.

Practical Meals

- Pre-training (2–3 h): white rice, chicken, fruit, and low fat; or a bagel, Greek yogurt, and banana.
- During sessions >90 min: 30–60 g carbohydrate/hour plus individualized sodium.
- Post-training: 8–10 oz lean meat/fish, rice/potato, fruit, cooked vegetables, and sodium-containing fluid.
- Light day: eggs and oats; turkey/quinoa bowl; salmon, potato, salad; dairy and fruit snacks.

Weight Corridor and Decisions

Week	Guide target	Rule
1	200.0 lb	Use the 7-day average, not a single weigh-in.
2	197.5 lb	Use the 7-day average, not a single

Week	Guide target	Rule
		weigh-in.
3	195.0 lb	Use the 7-day average, not a single weigh-in.
4	192.8 lb	Use the 7-day average, not a single weigh-in.
5	190.5 lb	Use the 7-day average, not a single weigh-in.
6	188.5 lb	Use the 7-day average, not a single weigh-in.
7	186.5 lb	Use the 7-day average, not a single weigh-in.
8	184.8 lb	Use the 7-day average, not a single weigh-in.
9	183.2 lb	Use the 7-day average, not a single weigh-in.
10	181.8 lb	Use the 7-day average, not a single weigh-in.
11	180.5 lb	Use the 7-day average, not a single weigh-in.
12	179.2 lb	Use the 7-day average, not a single weigh-in.
13	178.2 lb	Use the 7-day average, not a single weigh-in.
14	177.5 lb	Use the 7-day average, not a single weigh-in.
15	176.8 lb	Enter fight week ≤ 177 –178 lb or reassess the division.
16	170.0 lb	170 only under a professional, rules-compliant weigh-in plan.

CHECKPOINTS: Typical target loss is 0.5–1.0% per week. If loss exceeds 1% with performance decline, increase energy. At week 4, if not ≤ 192 –194 lb or body fat does not support 170, consider 185 lb. At week 12, if above 181–182 lb, do not plan a large final cut.

7. Fight Week and Post-Weigh-In Recovery

This manual does not provide a remote dehydration protocol. Safe magnitude depends on body composition, history, renal function, time between weigh-in and fight, and commission rules. Do not use diuretics, laxatives, vomiting, extreme sauna, plastic suits, or prolonged fasting.

- Days 7–5: familiar food, normal sodium/hydration, lower residue only if directed by the dietitian; brief training.

- Final 48–24 h: professional weight and clinical monitoring; abort for confusion, fainting, disproportionate tachycardia, or inability to drink or urinate.
- After weigh-in: begin oral rehydration solution in small repeated doses; target is guided by deficit, tolerance, and available time. Add easy carbohydrates and sodium; avoid a high-fat/high-fiber binge.
- Post-weigh-in meals: ORS plus rice/pasta/potato/bread, lean protein, banana/applesauce; split intake every 60–90 minutes.
- Fight day: familiar breakfast, main meal 4–5 h before, snack 1–2 h before; nothing experimental.

8. Recovery, Houston Climate, and Florida Travel

- Sleep: 8.5–9 hours, ideally 1:00–10:00 a.m.; dim light after training, cool/dark room, and stop caffeine 8–10 hours before bed.
- Measure sweat rate weekly in similar conditions: pre/post body mass + drink – urine. Replace roughly 125–150% of the deficit over 2–4 hours with individualized sodium.
- Houston and Florida are hot and humid: acclimate progressively for 7–14 days; never combine aggressive heat exposure with a deficit and sparring.
- Arrive in Florida ideally 3–5 days before the fight (minimum 48 h), keep the schedule stable, bring familiar food/drink, and verify the official scale.
- Reduce load 20–40% if RPE rises ≥ 2 points at a usual workload, RHR is +10, sleep is poor for two nights, appetite/mood worsens, or joint pain rises.

9. Medical Screening, Supplements, and Anti-Doping

Before Camp / Licensing

- Sports medicine: history; cardiovascular, neurological, shoulder, and ankle examination; ECG as clinically indicated; concussion review.
- Discuss CBC, CMP/electrolytes/renal/liver markers, ferritin/iron, vitamin D if at risk, and urinalysis.
- Confirm current Florida commission licensing, blood, eye, neuroimaging, and deadline requirements directly with the promoter/commission.
- Physical therapy: apprehension/scapular stability testing; ankle dorsiflexion, hop tests, and balance.
- Baseline: blood pressure, RHR, 7-day weight, body composition, jump, 10/20 m sprint, grip, and submaximal aerobic test.

Supplement	Dose / timing	Use and cautions
Creatine monohydrate	3–5 g/day; withdraw only if the dietitian needs to reduce water mass.	Strength/power; may add 1–3 lb; review renal history.
Caffeine	1–3 mg/kg 45–60 min pre; test in camp.	Alertness/power; avoid late if it harms sleep, anxiety, BP, or rhythm.
Beta-alanine	3.2–6.4 g/day divided for ≥ 4 weeks.	1–4-minute efforts; benign tingling; no acute effect.
Nitrate/beetroot	5–8 mmol 2–3 h pre; test first.	Economy/repeat power; GI/BP cautions; avoid antibacterial mouthwash.
Vitamin D/iron	Only for laboratory-confirmed need.	Do not supplement “just in case.”

Use only verified NSF Certified for Sport lots. Certification reduces but does not eliminate contamination risk; the athlete remains responsible under anti-doping rules.

10. Checklists and Sources

- ☐ Morning weight after urination and before food.
- ☐ Sleep, RHR/HRV, shoulder/ankle pain, energy, and RPE recorded.
- ☐ Marked bottle and pre/post weight during hot sessions.
- ☐ Mechanics maintained; speed loss remains under 5%.
- ☐ No neurological symptoms after sparring.
- ☐ Fight-week meals and travel confirmed.
- ☐ Emergency plan, hospital, and commission documents available.

Primary Sources

ISSN Position Stand 2025 — nutrition and weight-cut strategies in combat sports

<https://pmc.ncbi.nlm.nih.gov/articles/PMC11894756/>

Association of Ringside Physicians — dehydration and weight-cut resources

<https://ringsidearp.org/conference-videos-and-presentations/>

ACSM/AND/DC — Nutrition and Athletic Performance

<https://pubmed.ncbi.nlm.nih.gov/26920240/>

USADA — reducing supplement risk

<https://www.usada.org/substances/supplement-connect/reduce-risk-testing-positive-experiencing-adverse-health-effects/>

Review — current state of weight cutting

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6572325/>