

Daily Muay Thai Training Log

Date: _____

Time: _____



MUAY THAI GUY

We eat, sleep and breathe Muay Thai

Goals For Today's Training

- 1) _____
- 2) _____
- 3) _____

Warm Up

- ☐ Skip Rope
- ☐ Run
- ☐ Shadowbox
- ☐ Stretch

Warm Up Notes

(how many miles ran, rounds you shadowboxed etc.)

Technique Training

- ☐ Heavy Bag
- ☐ Pad Work
- ☐ Technique Sparring
- ☐ Clinching
- ☐ Full Contact Sparring

of Rounds

Length Of Rounds

What Techniques Did You Focus On?

Conditioning

Cardio

- ☐ Interval Cardio
- ☐ For Distance

Weights

- ☐ For Power
- ☐ For Endurance
- ☐ For Explosiveness

- ☐ Abs
- ☐ Stretch
- ☐ Meditate/Visualize

Training Session Notes

(weather, soreness, attitude, etc.)

Pre/Post Workout Meals

Calories

Weight Pre/Post Workout: _____ / _____ lbs

**Overall Workout
Rating (1-10):**

Muay Thai Training Manual

Karin Nielsen-Saines

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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