

# 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

**Guillaume Favre**

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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