

MUAY THAI WEEKLY TRAINING SCHEDULE TEMPLATE



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| NAME | |
| PHASE | |
| BLOCK | |
| WEEKS | |

| | AM | PM |
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| MONDAY (HIGH, LOW, REST day?) | 1. 2. | 1. 2. |
| TUESDAY (HIGH, LOW, REST day?) | 1. 2. | 1. 2. |
| WEDNESDAY (HIGH, LOW, REST day?) | 1. 2. | 1. 2. |
| THURSDAY (HIGH, LOW, REST day?) | 1. 2. | 1. 2. |
| FRIDAY (HIGH, LOW, REST day?) | 1. 2. | 1. 2. |
| SATURDAY (HIGH, LOW, REST day?) | 1. 2. | 1. 2. |
| SUNDAY (HIGH, LOW, REST day?) | 1. 2. | 1. 2. |

| NOTES |
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