Plan a repeatable week

Start from the classes you value most. Fit familiar strength work around their actual intensity.

Illustrative week

For a recreational adult familiar with both activities. Move, reduce or skip supporting work when the week demands it.

Day	Strength / MMA	Intended demand
Mon	Strength A; optional easy drilling later	Higher
Tue	Technical striking or grappling	Low to moderate
Wed	Supervised sparring or harder live work, if appropriate	Higher
Thu	Strength B; reduced if Wednesday was taxing	Moderate
Fri	Technical MMA	Low to moderate
Sat	Easy drilling or rest if needed	Low
Sun	Full rest	Recovery

Your week

Week starting: _____ Key class: _____

Day	MMA / class intensity	Lifting / recovery plan
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

Allow for work, travel, meals and sleep. If you miss a workout, resume the plan without stacking it onto a demanding sparring day.

Log what actually happened

Record observations, then choose one practical change for next week.

Week starting: _____ Main training priority: _____

Day	Session / minutes	Effort / sleep	Next warm-up / notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Weekly review

What was repeatable?

Which session affected the next class?

One change for next week:

Effort is your own session description; sleep is an observation, not a clearance test. This worksheet does not diagnose overtraining or establish readiness after an injury. Persistent problems need appropriate assessment.