



Training Plan Overview

Name _____

	November	December	January	February	March
General	Applications to be agreed and submitted by end of month				Final Submission due no later than 14 days prior to examination
Thesis					
Goal 1 - Technical					
Goal 2 - Fitness					
Goal 3 - Academy					
Goal 4 - Personal					
Personal Demo					
Fitness Training					
Martial Arts Training					



	Week 1 ___/___/___	Week 2 ___/___/___	Week 3 ___/___/___	Week 4 ___/___/___	Week 5 ___/___/___
General					
Thesis					
Goal 1 – Technical					
Goal 2 – Fitness					
Goal 3 – Academy					
Goal 4 – Personal					
Personal Demo					
Fitness Training					
Martial Arts Training					