



**8:00**

## **MORNING PHYSICAL ROUTINE**

Complete intense physical workout followed by breakfast.

**9:30**

## **TRAINING SESSION #1**

Spend two to three hours training. The point of this is to rank up in soloq and win at all costs. You need to be extremely focused and motivated during this time.

**12:30**

## **BREAK**

Eat, walk, review, reflect.

**13:30**

## **TRAINING SESSION #2**

Another two to three hours. This should be your primary training session where you really go all in. Motivation and focus need to be on point

**16:30**

## **BREAK**

Eat, walk, review, reflect.

**17:30**

## **TRAINING SESSION #3**

Laid back training. This is a great time to try out risky plays and to try and push your limits. You don't need to be as focused and you don't need to have the pressure of winning.

**21:00**

## **SLEEP HYGEINE**

Start to unwind for bed and experiment with what works best for you.

\*take short breaks throughout training after matches