



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 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 with friends 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