

Launch Week Schedule

This week isn't for training. It's for recovery. Your goal is to step onto the mat in a state of "supercompensation" - when your body has repaired micro-injuries and stored up as much energy as possible.

7 DAYS BEFORE

- **Purpose:** Keeping the rhythm.
- **Training:** Technique + light sparring drills (short rounds). Focus on the game plan.
- **Tip:** Today is the last day you might feel a little tired. Starting tomorrow, every minute of rest will count toward your result.

6 DAYS BEFORE

- **Purpose:** Brief stimulation (so-called "lung burn").
- **Training:** A shorter session, consisting of 2–3 high-intensity rounds, but with long breaks in between.
- **Tip:** The intensity should be high, but the duration short. Don't let your muscles get "stiff."

5 DAYS BEFORE

- **Purpose:** Automatic responses and self-confidence.
- **Training:** Just drills of your favorite techniques. No trying out new things.
- **Tip:** Your body needs to feel like it "remembers" the movements without having to think about them. That brings peace of mind.

4 DAYS BEFORE

- **Purpose:** Precision and regeneration.
- **Training:** Very light flow rolling or the "dry" technique. Focus on your breath.
- **Tip:** Start paying more attention to staying hydrated than usual. Drink water with electrolytes in small sips throughout the day.

3 DAYS BEFORE

- **Purpose:** Freshness and "the hunger for the mat."
- **Training:** Optional: light mobilization drills (15-20 min). If you feel tired, skip them entirely.
- **Tip:** This is the moment when you might start to feel "bursting with energy." Don't waste it on cleaning the apartment or going for an extra run. Save it for race day.

2 DAYS BEFORE

- **Purpose:** Soundproofing and logistics.
- **Activity:** A walk, some light stretching. Equipment check and checklist.
- **Tip:** Take a break from social media. Don't watch your rivals' fights. Your brain needs a break from BJJ stimuli.

1 DAY BEFORE

- **Purpose:** Complete peace and quiet.
- **Activity:** No exercise. Light activity, only if it helps me fall asleep.
- **Tip:** Focus only on the first move of the fight. Don't plan the finish. Plan the first grab. Eat a light, tried-and-true dinner and go to bed early.