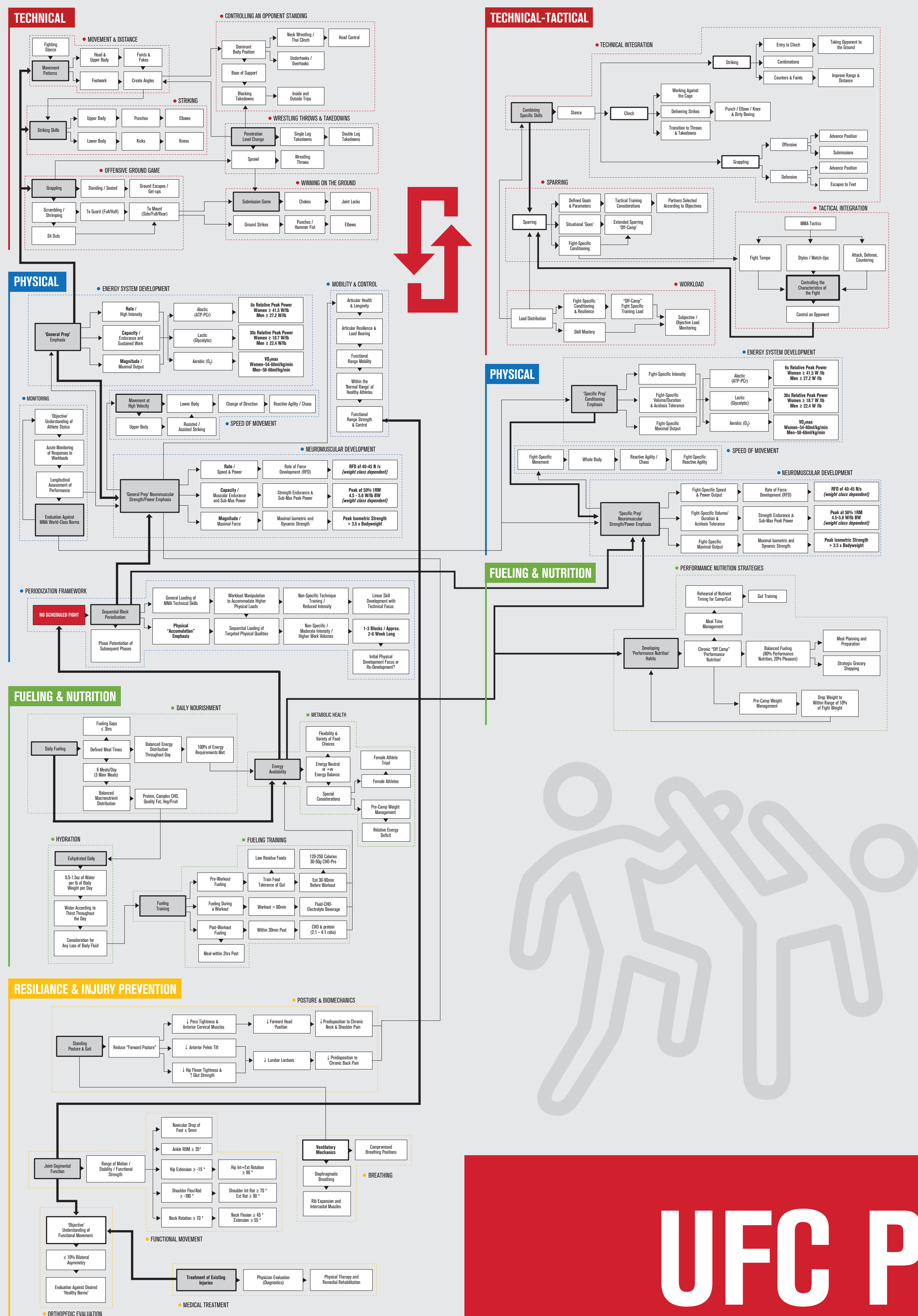


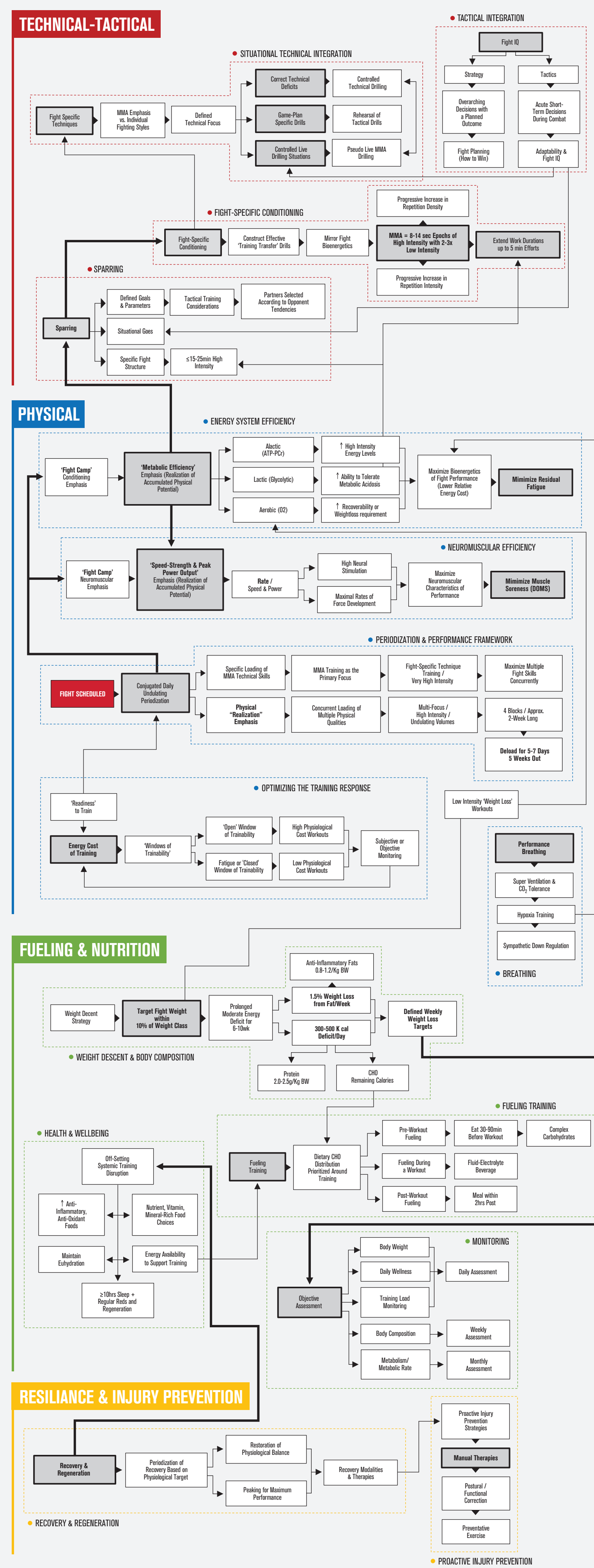
PHASE 1A – “OFF CAMP - GENERAL PREPARATION” PHASE 1B – “OFF CAMP - SPECIFIC PREPARATION”

When fighters are “Off Camp” **without a fight scheduled**, Phase 1A and 1B should be cycled; alternating between ‘general’ and ‘specific’ preparation for 1-3 blocks each between 2-6 weeks long.



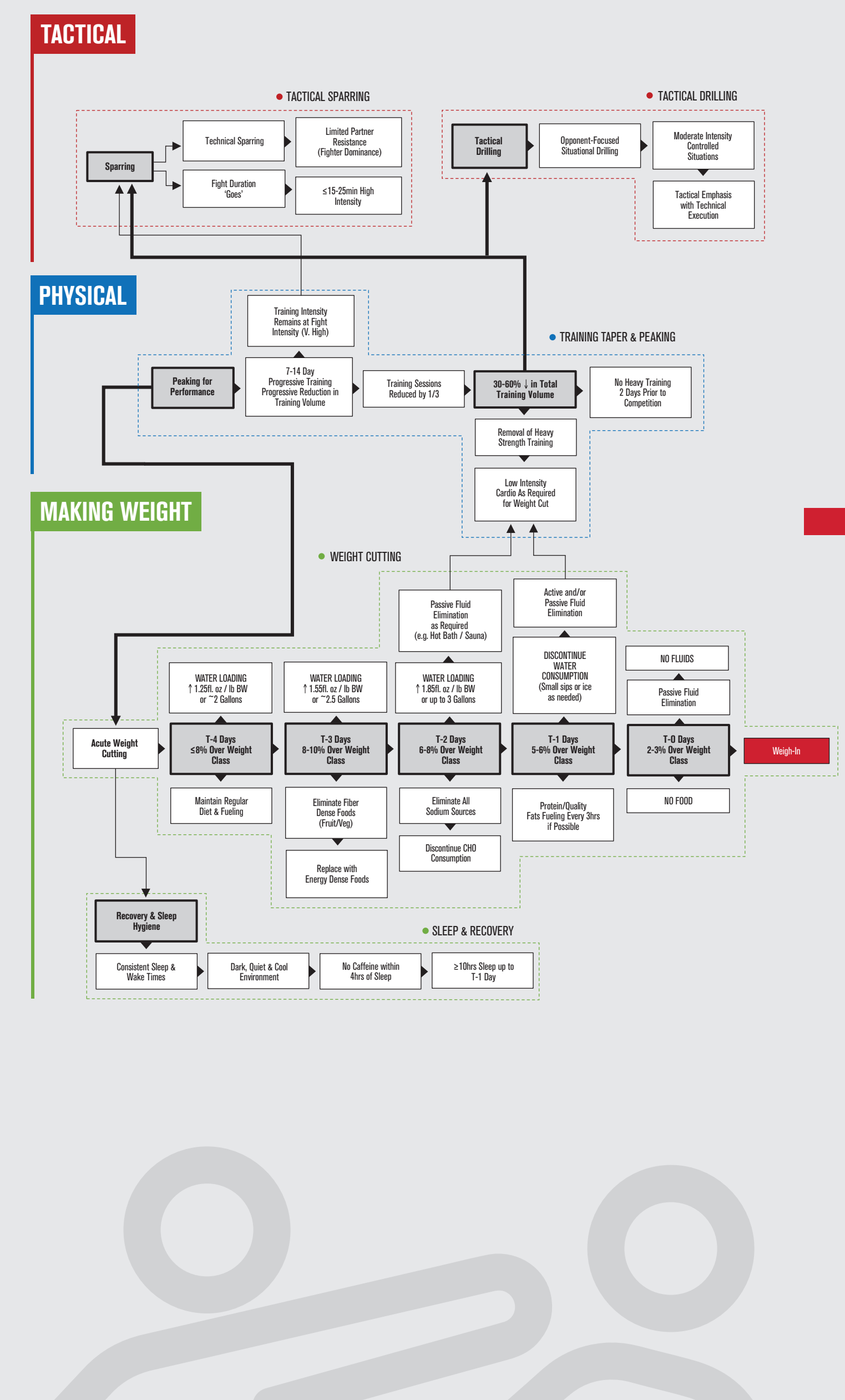
PHASE 2 – “FIGHT CAMP”

When fighters confirm a bout date and have a fight scheduled, they should switch into Phase 2 of preparation, “Fight Camp”; optimally between 6-10 weeks.



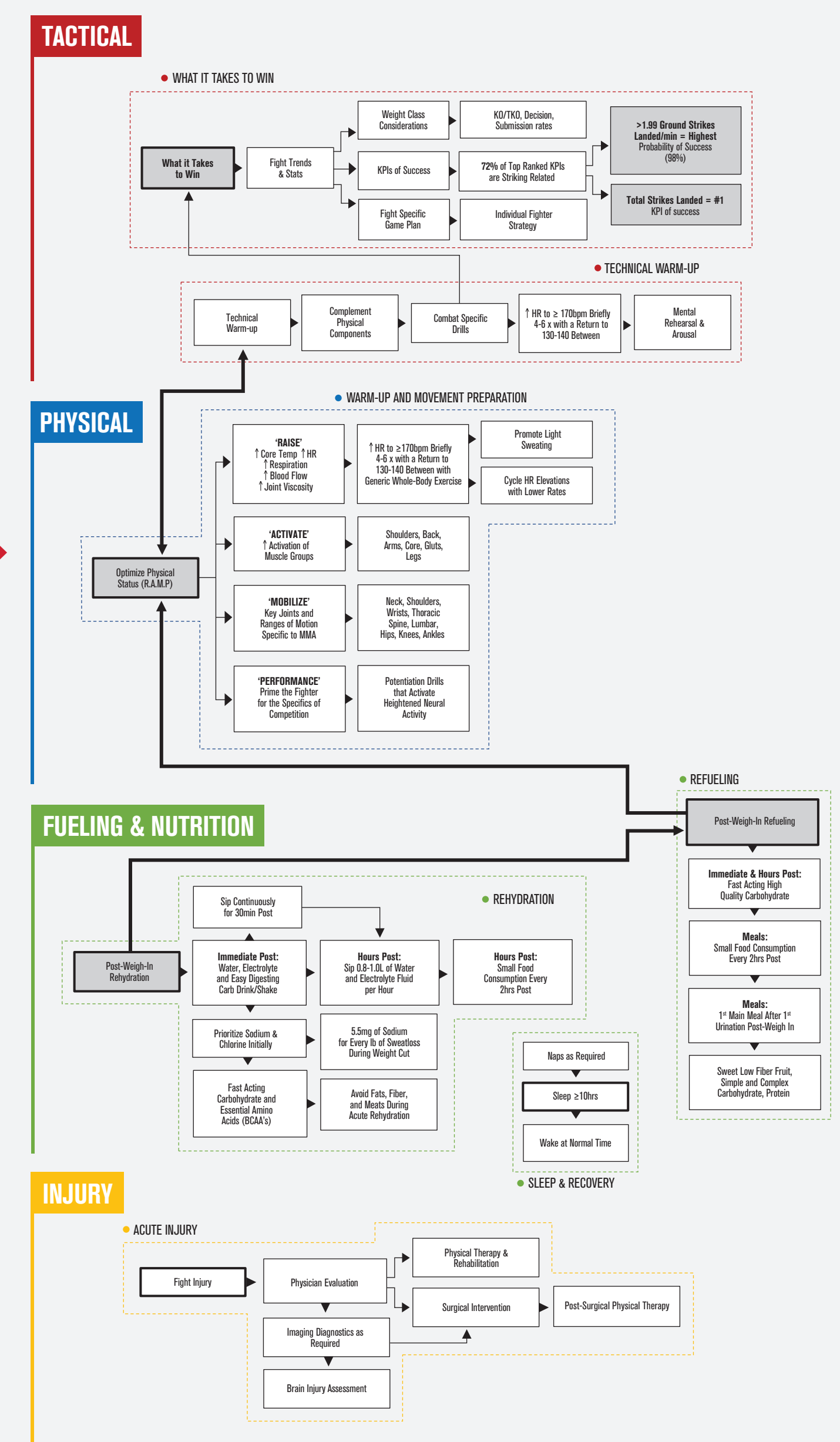
PHASE 3 – “LATE CAMP”

Phase 3, or “Late Camp” places an emphasis on the last 7-14 days of fight camp, where ‘making weight’ and peaking for competition become the priority focus.



PHASE 4 – “COMPETITION”

Phase 4 is “Competition” and represents the considerations that need to be made specifically for the fight itself.



Following phase 4, and after a period of recovery, a transition back into Phases 1A and 1B can begin as fighters return to the “Off Camp” phase.

UFC PERFORMANCE PARADIGM

