

COMBAT SPORT EVENTS

MIKE TYSON WORKOUT *TIMETABLE*

	Everyday	Description
04.00	Run	3-5 mile run
10.00	Eat	Breakfast
12.00	Spar	10-12 rounds
14.00	Eat	Lunch
15.00	Technique	Sparring, Bag work, Slip bag, Pad work
17.00	Callisthenics	2000 sit-ups | 50 dips | 50 push-ups 50 shrugs with weight | Neck rolls
20.00	Cardio	30 minute: Jump rope, Bike