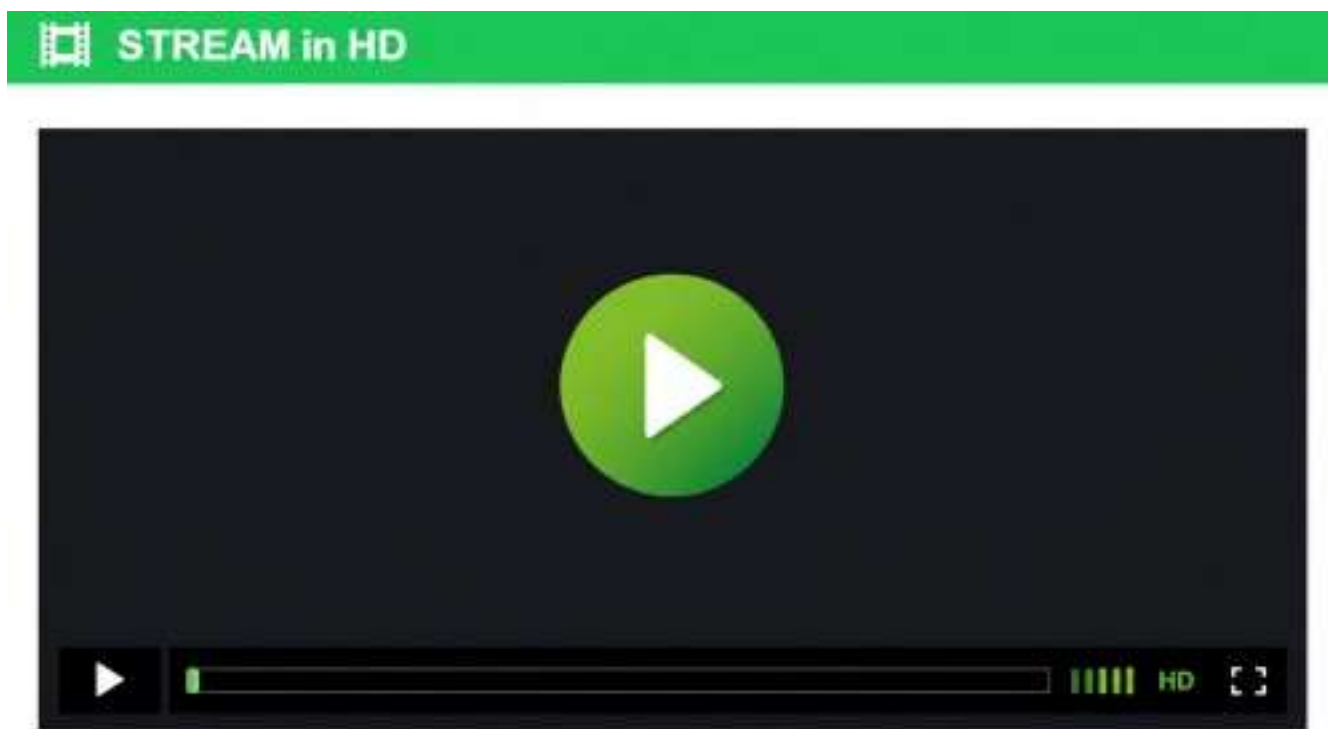


[LIVESTREAMs]FREE!

(UFC 329) Conor McGregor vs Max Holloway 2 Live free streams July 11, 2026

Conor McGregor vs. Max Holloway 2 UFC 329:
Fight Preview, Start Time, Prediction and How to
Watch



Conor McGregor returns to the UFC Octagon against Max Holloway in the highly anticipated main event of UFC 329. The welterweight rematch takes place on Saturday, July 11, 2026, at T-Mobile Arena in Las Vegas, Nevada.

McGregor enters the contest with a 22-6 professional record after spending approximately five years away from competition. Holloway arrives with a 27-9 record and considerably more recent experience against elite UFC opponents. The matchup is scheduled for five five-minute rounds at the welterweight limit.

The two former UFC champions first fought in August 2013, when McGregor earned a unanimous decision victory over Holloway. Both men were still early in their UFC careers at the time. More than 12 years later, they meet again as two of the most recognizable fighters in mixed martial arts.

Conor McGregor vs. Max Holloway 2 Fight Information

Event: UFC 329: McGregor vs. Holloway 2

Fight: Conor McGregor vs. Max Holloway

Division: Welterweight

Date: Saturday, July 11, 2026

Venue: T-Mobile Arena

Location: Las Vegas, Nevada

Card position: Main event

Scheduled rounds: Five five-minute rounds

McGregor's record: 22-6

Holloway's record: 27-9

United States streaming platform: Paramount+

At the official UFC 329 weigh-in, McGregor weighed 170.5 pounds, while Holloway weighed 170 pounds. Both fighters successfully made the welterweight limit.

The UFC 329 main card begins at 9 p.m. Eastern Time in the United States, equivalent to 7 a.m. on Sunday, July 12, in Bangladesh. The main event is expected at approximately 11:45 p.m. ET, which converts to about 9:45 a.m. Bangladesh Standard Time. That estimate can change depending on the duration of the earlier fights.

What Happened in the First McGregor vs. Holloway

Fight? McGregor and Holloway first met at UFC Fight Night 26 in Boston on August 17, 2013.

McGregor was competing in only his second UFC fight, while Holloway was a 21-year-old developing prospect. McGregor controlled much of the contest through striking, movement and takedowns before earning a unanimous-decision victory.

Official UFC statistics credit McGregor with 53 significant strikes, compared with 23 for Holloway. McGregor also completed four takedowns during the three-round fight.

The victory became more impressive when it was later revealed that McGregor had injured his anterior cruciate ligament during the contest. Holloway was also dealing with an ankle injury, meaning neither fighter completed the matchup under ideal physical conditions.

The first result remains part of the story, but it cannot reliably predict the rematch. Holloway has developed into a former featherweight champion with extensive five-round experience, while McGregor has won UFC championships in the featherweight and lightweight divisions.

Their bodies, styles, experience and current career situations are completely different from what they were in 2013.

Conor McGregor Makes His Long-Awaited UFC Return

McGregor has not competed since his trilogy fight against Dustin Poirier at UFC 264 in July 2021.

That fight ended after McGregor suffered a serious leg injury near the conclusion of the first round.

Poirier officially won by doctor-stoppage TKO at 5:00 of Round 1. The injury required a lengthy recovery and created uncertainty about whether McGregor would return to professional competition.

McGregor was previously scheduled to face Michael Chandler at UFC 303 in June 2024, but the matchup was cancelled after McGregor suffered a toe injury. UFC 329 therefore represents his first official Octagon appearance in approximately five years.

The Irish fighter's career achievements remain historically significant. He became the UFC's first athlete to hold championships in two weight divisions simultaneously after adding the lightweight title to his featherweight championship.

His primary weapons have traditionally been timing, distance control, counterstriking and a powerful left hand. McGregor is listed at 5 feet 9 inches tall with a 74-inch reach, giving him a substantial arm reach advantage over Holloway.

However, UFC 329 presents several unanswered questions. McGregor must demonstrate that his timing, movement, reactions and conditioning remain effective following a prolonged absence.

Training footage and interviews cannot fully reproduce the speed, pressure and unpredictability of an actual UFC main event. Holloway is also one of the most active and durable strikers McGregor could have faced in his return.

Max Holloway Seeks Revenge 13 Years Later

Max "Blessed" Holloway developed into one of the greatest featherweights in UFC history after losing to McGregor.

Holloway later captured the UFC featherweight championship and produced important victories against fighters including José Aldo, Brian Ortega, Calvin Kattar, Arnold Allen and Justin Gaethje.

His style is based on high-volume striking, combinations, pressure, defensive movement and the ability to maintain an intense pace over five rounds. UFC Stats lists Holloway with an average of 6.91 significant strikes landed per minute, compared with McGregor's 5.32.

Holloway stands 5 feet 11 inches tall but has a reported 69-inch reach. He is therefore approximately two inches taller than McGregor while giving up about five inches in arm reach.

Holloway enters UFC 329 after losing his BMF championship to Charles Oliveira at UFC 326 in March 2026. Oliveira won the five-round rematch by unanimous decision, with all three judges scoring it 50-45.

The defeat does not eliminate Holloway's advantages in activity and recent experience.

Unlike McGregor, Holloway has continued competing in full-length, high-level fights.

A victory at UFC 329 would give Holloway revenge for his 2013 defeat and add another major name to his already accomplished résumé.

McGregor vs. Holloway 2 Tale of the Tape

Conor McGregor

- Professional record: 22-6
- Height: 5 feet 9 inches
 - Reach: 74 inches
 - Stance: Southpaw
- UFC 329 weight: 170.5 pounds
- Primary strengths: Counterstriking, timing, accuracy and left-hand power

Max Holloway

- Professional record: 27-9
- Height: 5 feet 11 inches
 - Reach: 69 inches
- Stance: Orthodox, with frequent stance changes
- UFC 329 weight: 170 pounds
- Primary strengths: Volume, combinations, pace, durability and five-round experience

Holloway holds the height and recent-activity advantages. McGregor possesses the longer reach and may generate more immediate power with individual strikes.

Tactical Breakdown of McGregor vs. Holloway 2

The matchup may be divided into an early phase that favors McGregor and a later phase that could favor Holloway.

McGregor is usually most dangerous when his timing, movement and explosive power are fresh. He will likely attempt to establish distance with kicks, force Holloway to move into countering range and create an opening for the straight left hand.

The reach advantage may help McGregor land from outside Holloway's punching range. He can also attack the body and legs to make Holloway more hesitant about applying constant forward pressure.

However, McGregor must manage his energy carefully. Attempting to produce an immediate knockout with every attack could reduce his effectiveness if Holloway survives the opening rounds.

Holloway's clearest route is likely to increase the pace gradually. He should avoid entering recklessly during the first round, when McGregor's counters may be fastest and most powerful.

As the fight continues, Holloway can increase his combination volume, attack the body and force McGregor to defend repeatedly. Long exchanges generally favor Holloway because he often continues punching after opponents expect the combination to end.

Holloway should also use feints to draw out McGregor's left hand. If he can make McGregor miss and immediately respond with several strikes, the Irish fighter may become more reluctant to commit.

The fight's welterweight limit adds another tactical question. Neither athlete is a current full-time UFC welterweight, and both are moving above the divisions where they built most of their reputations. The extra weight could improve durability, but it may also affect speed and endurance.

Keys to Victory for Conor McGregor

McGregor must control the early distance and prevent Holloway from creating a high-volume fight.

His left hand remains an important weapon, but he should not depend on one finishing punch. Kicks

to

the body and legs could slow Holloway's pressure and create additional counterstriking opportunities.

McGregor may also benefit from occasional takedowns or clinch control. He used wrestling successfully in their first meeting, and changing the location of the rematch could prevent Holloway from settling into a consistent boxing rhythm.

Most importantly, McGregor must remain patient. Loading up on every strike would make his attacks easier to recognize and could accelerate fatigue.

Keys to Victory for Max Holloway

Holloway should begin responsibly and avoid giving McGregor an early counter.

His best strategy may involve feints, lateral movement and consistent body attacks. The objective should be to force McGregor to work without allowing him to select every exchange.

Holloway can gradually raise the volume during the second and third rounds. If McGregor's movement slows, Holloway should pressure him toward the fence and attack with extended combinations.

The Hawaiian must still respect McGregor's power throughout the fight. A long absence creates uncertainty, but it does not remove McGregor's accuracy or finishing ability.

Conor McGregor vs. Max Holloway 2 Prediction

The main difficulty in predicting this fight is McGregor's inactivity.

At his best, McGregor has the precision, reach and power to hurt Holloway during the opening rounds. Holloway has absorbed significant damage during his long career, and assuming that he cannot be stopped would be dangerous.

However, five years outside the Octagon is an extraordinary obstacle. McGregor must rediscover his timing against an opponent who has continued competing against elite UFC fighters.

Holloway's advantages in activity, cardio, volume and five-round experience make him the more reliable selection. If he survives McGregor's early attacks without suffering major damage, the fight should gradually move in his direction.

Prediction: Max Holloway defeats Conor McGregor by fourth-round TKO.

A McGregor knockout during the opening two rounds remains a realistic outcome. Holloway's clearest opportunity should arrive later, when his combination volume and pressure can test McGregor's conditioning.

How to Watch McGregor vs. Holloway 2 Legally

UFC 329 streams on Paramount+ in the United States. The main card begins at 9 p.m. ET, with McGregor vs. Holloway expected at approximately 11:45 p.m. ET. International broadcast availability differs by country, so viewers should check the UFC's official event information or an authorized regional broadcaster.

Viewers should avoid unofficial websites, YouTube pages and uploaded PDFs claiming to offer a free UFC 329 livestream. Such pages may contain unauthorized footage, fake video players, deceptive advertisements, malware or unsafe redirects.

Official highlights, interviews and selected fight footage may later be available through UFC-controlled websites and verified UFC social-media accounts.

Frequently Asked Questions

When is Conor McGregor vs. Max Holloway 2?

The rematch takes place at UFC 329 on Saturday, July 11, 2026, in Las Vegas. In Bangladesh, the main card begins on Sunday morning, July 12.

What time is McGregor vs. Holloway 2 in Bangladesh?

The UFC 329 main card begins at 7 a.m. BDT. The main event is estimated to begin at approximately 9:45 a.m. BDT, although the time can change depending on the earlier fights.

Who won the first McGregor vs. Holloway fight?

McGregor defeated Holloway by unanimous decision in August 2013.

What weight class is the rematch?

McGregor vs. Holloway 2 is a five-round welterweight fight.

How much did the fighters weigh?

McGregor weighed 170.5 pounds, while Holloway weighed 170 pounds.

What are their professional records?

McGregor enters with a 22-6 record, while Holloway enters with 27 wins and nine losses.

When did Conor McGregor last fight?

McGregor's previous UFC appearance was against Dustin Poirier at UFC 264 in July 2021. The fight ended after McGregor suffered a leg injury.

Who is predicted to win?

Holloway is the selection in this preview because of his recent activity, pace and five-round conditioning. McGregor remains dangerous because of his timing, reach and early knockout power.

Final Analysis

Conor McGregor vs. Max Holloway 2 is one of the most unusual rematches in UFC history.

McGregor won their first meeting when both fighters were young prospects. Since then, each man has captured UFC championship gold and developed into a major figure in combat sports.

The rematch is likely to be decided by timing and pace. McGregor needs to control the early rounds, land powerful counters and prevent Holloway from creating extended exchanges. Holloway needs to survive the early danger, increase his volume and test how McGregor responds after five years away.

McGregor's power gives him a genuine route to an early victory. Holloway's activity, durability and endurance provide the stronger overall case across five rounds.

Regardless of the result, UFC 329 will answer one of the sport's biggest questions: whether McGregor can return from a historic absence and defeat an elite opponent, or whether Holloway can avenge the loss that occurred near the beginning of his remarkable UFC career.

sadgsdgsf