

do it for a fucking reason.

it is a common statement, and when applied to every aspect of training, will yield more results than any piece of equipment, any fad-diet, or what you would get by following anyone else's training program.

having a goal is the first part. it is easy to understand that a goal functions as the "why?" it is why we eat a certain way. why we get up early. why we go to sleep at 10 pm instead of going out. but once you have a solid and specific goal it will also shape the "how"...

what is required of your goal? what skills? what weight is ideal? how strong do you have to be? how fast? how much power? how much endurance? what movements drive this task? what are the common injuries you need to avoid?

these are not hypothetical questions. make a fucking list. do research. add to it often.

now: self assessment. the goal is outlined, time to find the starting point....

if you can, have someone help you here. someone who is not afraid of telling you the hard and ugly truth. do this without ego. lies at this stage are hurting only yourself. this must be ruthless. it should be humbling. the task is deceptively simple: where are you in relation to the goals?

timeline. triage. how long will this take? what goals can you train at the same time? what other factors are involved? what are you willing to take on? what are you willing to give up? what kind of diet/recovery/work/travel schedule will be required? how much are you willing to spend?

be honest. be thorough. ask questions and the path will begin to form.

what root goals are other goals based on? what steps are most important? what goals can be worked on in parallel? what problems can be solved in the gym? what corrections yield the greatest benefit? what psychological factors will play a role? what pitfalls am i headed for and how am i going to deal with them? who has been there before and how can i learn from them?

do work, and do it for a fucking reason.



explosion from a fatigued/compromised state

grind down, build up the acidity, learn to hang on and explode from it. fighters can immediately see the use of a skill like this. train the ability here so you can focus on the timing during your fight training.



CV recovery under a load.

initiate panic breathing - rack as much weight as you can handle and hang on. learn to control it. to contain it. and to recover under the load.



30' of 3" rope. 30# of chain. sprint the rope straight, pull it (and the chain) to you hand over hand (use your hips) repeat 4 times. rest while your partner does the same. repeat.

grip. hip/hand coordination and engagement. CV power. muscular efficiency and short term recovery practice.



mid-section stability. shoulder flexibility and control.

here we build the tools.



send a message. tell your body what you want it to be able to do. tell it clearly and tell it often.
recover well. work smart. don't quit.