



## What is Training for Warriors?

Training for Warriors is a physical and mental training program originally created for fighters by Martin Rooney more than 12 years ago. This training program utilizes ongoing evaluation and feedback to adapt specific strength and conditioning protocols to best fit a warrior's needs.

After over a decade of use by many of the top fighters in the world, we have realized that you do not have to be a fighter to use the TFW Program, but you do have to be a warrior. A warrior is defined as anyone that is prepared to work hard and develop oneself in an effort to battle against his or her particular challenges in life. The TFW Program was designed to develop the muscular strength and mental fortitude to take on those challenges. Today, many top athletes in a number of professional sports are using the TFW Program to bring their fitness to another level.

What separates the TFW Program from other training programs is its holistic approach to training. TFW encompasses detailed warmups, speed training, strength training, endurance training, flexibility work and nutrition all of which are based on a comprehensive evaluation process. These training modalities are all applied based on the guiding principles that are the philosophical foundation of the TFW Program. As a result of this principle-centered approach, the Training for Warriors program has been used by thousands of athletes (NFL, Olympic, NBA, MLB, UFC) to help them excel.

## History and Model

Building on that, the TFW team has a 12 year history of training MMA and athletes from every major sport at every level. Having cornered fighters around the world, and trained athletes around the world we've made more mistakes than anyone else! Each mistake led to a new level of training that evolved into the TFW system.

Training for Warriors evolved out of the Mixed Martial Arts, as a codified system of physical and mental training.





## Course Goals and Objectives

Our TFW Goals:

- Learn the history and model of TFW Program
- Learn current trends/errors in MMA training
- Learn how to apply the Evaluation and Warmup
- Learn the TFW Cardiovascular Methodology
- Learn Advanced Upper, Lower and Core Applications
- Learn Nutrition and Supplementation basics
- Learn Basic Programming of TFW Program

If you don't know who you are, you want exercises.

If you have a philosophy and think, you seek concepts.

Evolution of MMA:

---

---

---

---



Training is both a science and an art. Learn, observe, take and discard; put your spin on the information.





Training similarities of Martial Arts:

---

---

---

---

Common trends in training:

---

---

---

---

Science vs Religion:

---

---

---

---





## The Principles of Training for Warriors:

## Notes:

Education

---

Solid Foundation

---

Periodization

---

Individualization

---

Progressive Overload

---

Specialization

---

Training Economy

---

Variety

---

Recovery

---

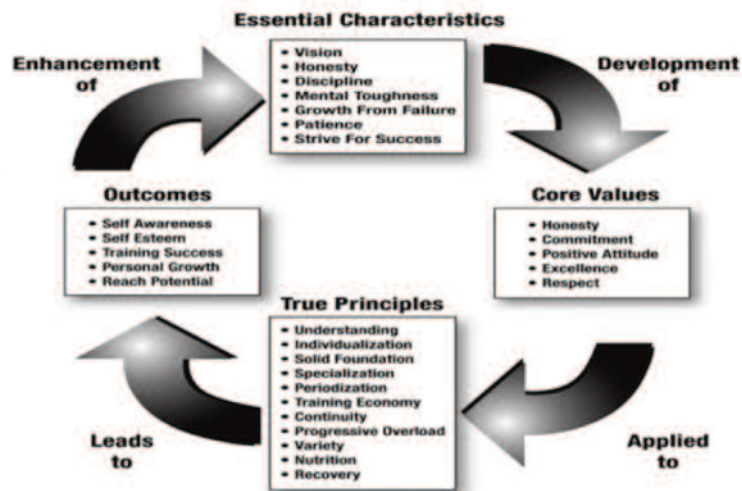
Nutrition

---

Safety

---

### Cyclical Training Model





## The Training for Warriors Program

1. **Evaluate** You can't manage what you don't measure
2. **Prescribe, Perform** Pre-hab, WarmUp, Session,
3. **Continual assessment**

The purpose of any workout is to build strength and endurance, not to beat the trainee up. Smart training and Recovery do more for someone than continual fatigue and pain.

---

---

---

---

---

### Elements of TFW:

Evaluation  
Prehabilitation  
Strength Training  
Metabolic Training  
Mental Training  
Nutrition

---

---

---

---

### 3-4 Day Training Split

<b>Monday</b>	<b>Upper Body</b>
<b>Tuesday</b>	<b>Hurricane</b>
<b>Thursday</b>	<b>Hurricane</b>
<b>Friday</b>	<b>Lower Body</b>





## Training for Warriors Approach

1. Address Areas of Weakness/Stability
2. Address Areas of Immobility
3. Begin Absolute Strength Work
4. Begin Energy System Training
5. End with Power Work

Relative Strength

---

---

---

Fight Specific Movements

---

---

---

Absolute Strength Work

---

---

---

Metabolic Training

---

---

---

Power Development

---

---

---





## Physical Evaluation

Look at Mobility and Stability throughout Static and Dynamic TFW Warm Up

Evaluate Athleticism on Performance Evaluation

Evaluate Attitude and Personality through contact

**Every part of the body is used in MMA. Training a warrior is training the whole body:**

Neck	Grip	Shoulders
Arms	Back	Core
Hips	Legs	Feet

---

---

---

---

---

### General Areas of Weakness

Neck  
Feet  
Groin/Hip Abductors  
Hip Flexors/Hamstrings  
Lower Abdominals

### General Areas of Tightness

Hip Flexors/Hamstrings  
Ankles  
Pectoral Muscles  
Latissimus Dorsi  
Hip External Rotators / Adductors

---

---

---

---

---





**The Evaluation has two sections:  
The 8 Point Mobility Evaluation and the Performance Evaluation**

This evaluation has been developed over years to quickly ascertain basic mobility issues. This evaluation does not involve equipment, measurements or days of evaluations. We are looking for gross potential problems. The evaluation is a method of making the instructor more aware of the person they are working with and of the person becoming more aware of their own body.

**The instructor is looking for three main issues: pain, tightness, and asymmetry (most important)**

**8 Point Mobility Evaluation**

- Squat Look for \_\_\_\_\_
- Lying Hamstring Look for \_\_\_\_\_
- Shoulder IR/ER Look for \_\_\_\_\_
- Thoracic Extension Look for \_\_\_\_\_
- Standing Hamstring Look for \_\_\_\_\_
- Standing Soleus Look for \_\_\_\_\_
- Seated Gluteal Look for \_\_\_\_\_
- Hip Flexor Look for \_\_\_\_\_

**Performance Evaluation**

- 1-4 minute push up test
- 1-3 minute chin up
- Maximum broad jump
- Maximum vertical jump
- 1 Rep maximum dead lift
- 150 meter test





## TFW Pre-Hab 12



### 1. Foot Roll

Improves \_\_\_\_\_

---



---



---

Prescribed for \_\_\_\_\_

---



---



### 2. Foam Roll Piriformis

Improves \_\_\_\_\_

---



---



---

Prescribed for \_\_\_\_\_

---



---



### 3. Foam Roll IT Band

Improves \_\_\_\_\_

---



---



---

Prescribed for \_\_\_\_\_

---



---



4. Hip Flexor

Improves \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Prescribed for \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

5. Gastrocnemius

Improves \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Prescribed for \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



6. Soleus

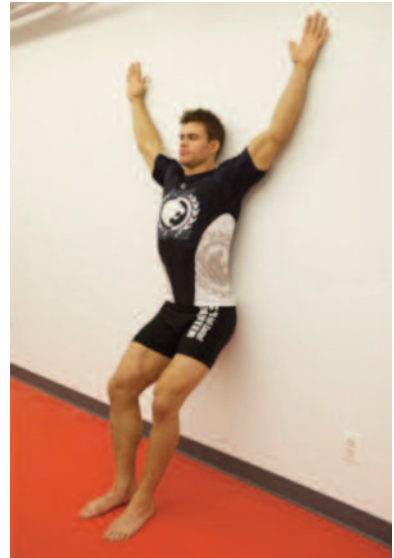
Improves \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Prescribed for \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

7. Lower Trapezius

Improves \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Prescribed for \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



8. Lat Stretch

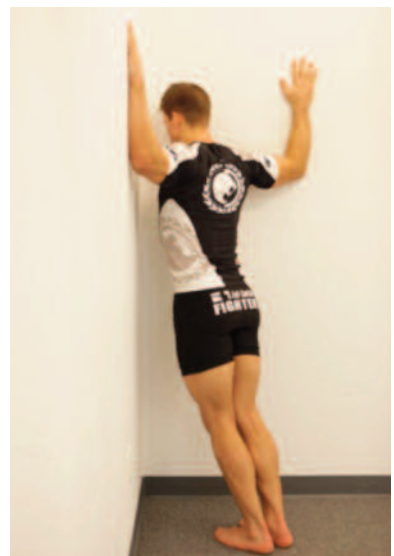
Improves \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Prescribed for \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

9. Corner Stretch

Improves \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Prescribed for \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_





10. Seated Glute

Improves \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Prescribed for \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

11. Thoracic Stretch

Improves \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Prescribed for \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



12. Abdominal Stretch

Improves \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Prescribed for \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



## Warm Up

Examine Mobility and Stability/Strength through Static and Dynamic TFW Warmup and Performance Evaluation

### Evaluation

Body Squat	Ankle, knee, hip, low back, lats
Front Lunge	Ankle hips
Side Lunge	Hip internal rotation
Front Leg Raise	Hip flexors/ hamstring
Superman / Bridge	Glute activation
Hip Circuit	Core flexibility
Animals / Skip / Shuffle / Run	Dynamic stability coordination

### Warm-up Purposes

- Increase Body Temperature
- Increase Heart Rate
- Encode Proper Technique
- Increase Strength
- Improve Endurance
- Increase Flexibility
- Activate Nervous System
- Opportunity for Motivation
- Opportunity for Meditation

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## The Warm Up Stages

- Stationary Movement
- Movement Drills
- Ground Activation
- Sprints / Body Weight Work



TFW Stationary Drills

---

---

---

---

---

---

---

---

TFW Movement Drills

---

---

---

---

---

---

---

---



TFW Ground Activation Drills

---

---

---

---

---

---

---

---



### TFW Sprint Training

Works every muscle of the body, Power Development,  
Fundamental human movement

---

---

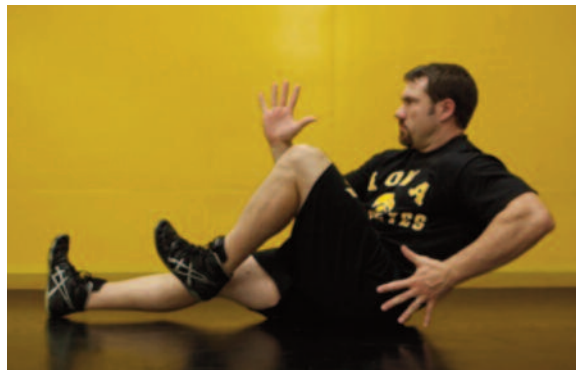
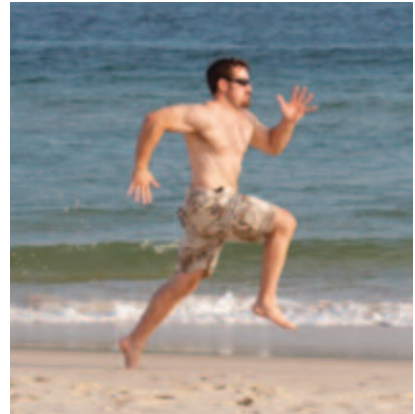
---

---

---

---

---



### TFW Core Training

---

---

---

---

---

---

---

### TFW Push Up Training

---

---

---

---

---

---

---





TFW Body Weight for Strength, Stability, Mobility

---

---

---

---

---

---

---

---

### Advanced Training Concepts

Unilateral Work

---

---

---

---

Single Leg Work

---

---

---

---

Recovery Workout with the Sled

---

---

---

---

Posterior Chain Work

---

---

---

---





Isometrics (3 Kinds)

---

---

---

Accommodating Resistance

---

---

---

Plyometrics

---

---

---

Body Work Foam Rolling

---

---

---

Flexibility

---

---

---

TFW Partner Based Training

Angle \_\_\_\_\_

\_\_\_\_\_

Technical \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



TFW Animal Series

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**The exercises are interchangeable and should be varied. Whether the day is an upper body, lower body or metabolic day will determine the exercise sequences you choose.**

**DAY 2**



**TFW: Rule #1**  
**We don't do something for nothing**

What is Cardio Training?

---

---

---

---

What are the different metabolic training methods?

---

---

---

---

What is the purpose of what you are doing (3 main reasons)

---

---

---

---

Heart Rate Variability (HRV)

---

---

---

---

**EPOC**

---



---



---

**Metabolic Methods**

**Bar/Dumbbell/ Kettlebell Complex**

**Circuits**

**Tabata**

**Sprints / Sleds**

**Hurricanes**

**The Bar Complex**

- 10 Exercises of 6 reps each
  - Repeat without stopping
  - Finish in under 60 sec.
- Then raise the weight each set under 60 sec




---



---



---



---



---

**Circuit – Energy System Training**



**Exercise choices:**

---



---



---



---



---



---

**Circuit Exercise Choices:**

---

---

---

---

---

---

---

---

---

---



**Eccentric Training**



---

---

---

---

---

---

---

---

**Tabata Training**

---

---

---

---

---

---

---

---



## The Hurricanes

---

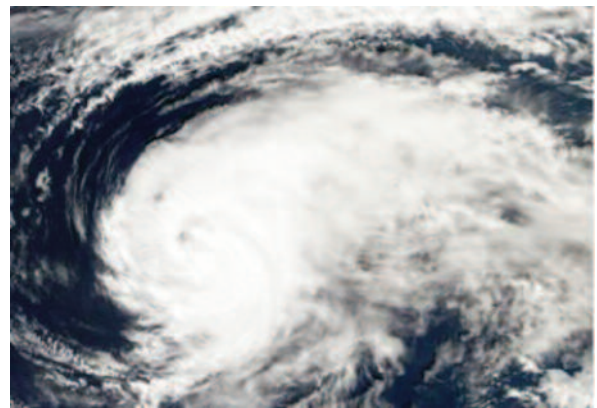
---

---

---

### Category 1 Hurricanes

- Method: This style of training is used as the introduction to lactic circuits for your beginner athletes. This can also be used as a recovery type session either if the athlete is feeling overtrained or is coming off a competition
- High speed treadmill alone with 10-15 second sprints at a low to moderate intensity. The athlete's heart rate is monitored and after each rep on the tread, the athlete's heart rate (HR) must return to 120 beats per minute (BPM) before getting back on the tread for another sprint. This way, the athlete can do 6-10 sets comfortably with little fear of nausea. The rest periods should be timed and recorded with the goal of each subsequent training session to have less recovery time per set.
- The athlete should perform this style of training for the first few weeks (2-3) of training.
- Sample
- Treadmill at 9-10mph and 10% grade for 9 sets of 10 sec with adequate recovery to reach 120 BPM.



---

---

---

---

---

---

---

---

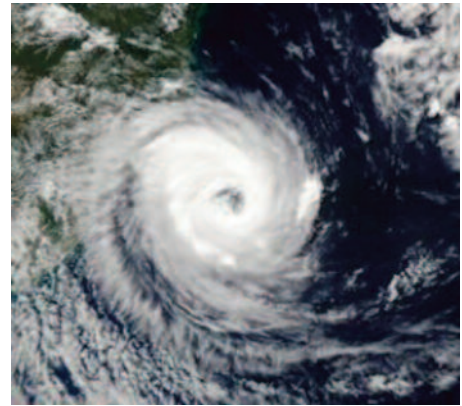
---

---



## Category 2 Hurricanes

- Method: As the athlete's recovery time improves, abdominal med ball exercises are now introduced during what was the recovery portion between the sprints. The sprints can be also taken up to 12-15 seconds.
- Use a number of weighted med balls and perform 3 sets of 2 different ab exercises after the first 3 sprints. Then choose 2 new exercises for the next 3 sets and then 2 final exercises for the last 3 sets to equal 9 total sprints and 18 sets of abs. The speed can increase every 3rd set on the treadmill. HR can still be monitored, but 120 is not required to start the next set.
- This style of training can be performed for the next 2 weeks of training.
- Sample Circuit:
  - Round 1 9.0 mph X 10% grade for 15sec for 3 sets with 50# toe touches X 10 and 30# pike ups X 8
  - Round 2 10 mph X 10% grade for 15 sec for 3 sets with 10# Russian twists X 50 and slams X 10
  - Round 3 11 mph X 10% grade for 15 sec for 3 sets with 25# Triangle abs X 12 on each leg



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### Category 3 Hurricanes

- The abdominals should then become tolerable and now light weight lifting exercises are introduced a specific number of reps between the sprints. The sprints are now 20+ seconds.

- Method: Every hurricane is 9 sets. These 9 are broken into 3 rounds of 3 sets. (3 rounds is just like an MMA fight).

During each set, there are 2 exercises performed.

Each round of the three rounds have different exercises.

- Sample Circuit:
- Round 1 9.0 mph X 10% grade High Pull and Barbell Curl X 8
- Round 2 Bent over row and overhead press – 10 mph X 10% grade X 8
- Round 3 Tricep pushdowns and pulls to chest – 11 mph X 10% grade X 8



---

---

---

---

---

---

---

---

---

---

---

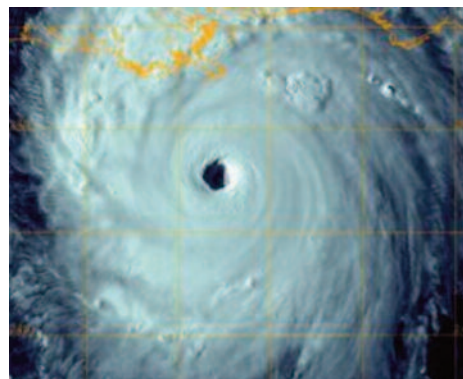
---





## Category 4 Hurricanes

- Methods :Now the athlete is prepared to tolerate high levels of lactate and his/her mind is strong. At this time free weights are introduced into the period between the sprints. The sprints are now 25 seconds.
- For this method we again perform 3 blocks of 3 sets of sprints with 2 different exercises each set. For each sprint, the speed will now increase. The intensity of the weight will determine the overall difficulty of the circuit. The rule of thumb is to start with 30-50% of your max weight on the exercises and perform 8-10 reps on each. The exercise sets can be either agonistic or antagonistic.
- This is reserved to about 7-8 weeks in the athlete’s training cycle.
- Sample Circuit:
  - Round 1 9, 9.5, 10 mph X 25 sec at 10% grade for 3 sets with bench and chin ups
  - Round 2 10.5, 11, 11.5 mph X 25 sec at 10 % grade for 3 sets with dips and curls
  - Round 3 12, 13, 14 mph X 25 sec at 10% grade for 3 sets with gi rows and high pulls




---

---

---

---

---

---

---

---

---

---

---

---



## Category 5 Hurricanes

- Methods: This is reserved for the athletes with the highest level of lactate tolerance and that they have no major competition for a few weeks. Now strongman, full body activities are introduced into the period between sprints. The sprints are now 30 seconds.
- For this method we again perform 3 blocks of 3 sets of sprints with 2 different exercises each set. For each sprint, the speed will now increase. The intensity of the strongman exercise will determine the overall difficulty of the circuit.
- This is performed at 9-12 weeks into the athlete’s training.
- Sample Circuit:
  - Round 1 9, 9.5, 10 mph X 30 sec at 10% grade for 3 sets with tire flips and sandbag carry
  - Round 2 10.5, 11, 11.5 mph X 30 sec at 10 % grade for 3 sets with farmer’s walk and arm over arm rope pull
  - Round 3 12, 13, 14 mph X 30 sec at 10% grade for 3 sets with sandbag lift and sled drag



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## Warrior Performance Nutrition

---

---

---

---

---

---

---

---

Fuel performance, Build muscle,  
Decrease injury, Decrease BF%,  
Decrease Health Risks  
Increase Water Intake

1. Increase Water Intake
2. 5-6 Smaller Meals
3. Decrease Processed Sugars
4. Balance Carbs, Protein, Fats
5. Post Workout Nutrition
6. Measure BF% and weight

No supplementation should be begun without proper medical and nutritional guidance.

### Supplementation

- Creatine 5-10 grams per day
- Beta Alanine 3-4 grams per day
- Glutamine 5-15 grams post workout
- Fish Oils 2-4 grams per day
- Pre and Post Workout Shake
- Multi-Vitamin

---

---

---

---





## Injuries

---

---

---

---

## Recovery Methods

- Sleep
- Massage / Body
- Cryotherapy
- Hydration and nutrition
- NSAIDs
- Active Recovery

---

---

---

---

---

---

---

---

---

---

