

# **The MMA Training Bible's Guide to Peak Performance**

## **Programming Across the Fight Plan**

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## General Prep Phase Workouts (12 & 6-Month Plans Only)

Endurance Workouts					
Work: Rest Ratio	Work interval	Rest interval	Metabolic target	Example workouts	Phase of Training
1:0.5	5 min	2-3 min	Oxidative	3-6 x (5min on, 2min off) 3-4 x (5 min on, 1 min off, 2min build-up)	EARLY
1:05 to 1:1	4 min	3-4 min	Oxidative	4-6 x (4min on, 3min off, 1min build-up) 3-4 x (4min on, 2min off, 2min build-up)	EARLY/MID
1:1 to 1:1.5	3 min	4-6 min	Oxidative	5-8 x (3min on, 2min off, 1min build-up) 6 x (3min on, 3min off, 1min build-up)	EARLY/MID
1:3 to 1:4	2 min	6-8 min	Aerobic glycolytic	5-8 x (2min on, 7min off, 1min build-up)	EARLY/MID/LATE
Resistance Workouts					
Training Load	Training Volume	Rest interval	Exercise Selection & Order		Phase of Training
Muscle Endurance: 14-15 reps	2-3 sets	30 s	Total body: Power, core, assistance <b>Example workout:</b> Workout 'A, B, C' 14 to 15 reps x 3 sets with 30 s rest		EARLY
Muscle Endurance: 12-14 reps	2-3 sets	30 to 60 s	Total body: Power, core, assistance <b>Example workout:</b> Workout 'A, B, C' 12 to 13 reps x 3 sets with 30 s rest		MID
Muscle Hypertrophy: 10-12 reps	3-6 sets	30 to 90 s	Total body: Power, core, assistance <b>Example workout:</b> Workout 'A, B, C' 10 to 12 reps x 6 sets with 45 s rest		LATE

## Fight-Specific Phase Workouts (For All Fight Plans)

Endurance Workouts					
Work:Rest Ratio	Work interval	Rest interval	Metabolic target	Example workouts	Phase of Training
1:0.5	2 min	1 min	Aerobic glycolytic/PCr resynthesis	6-12 x (2min on, 45s off, 15s build-up)	EARLY/MID
1:0.5 to 1:1.5	2 min	1-3 min	Aerobic glycolytic/buffering	6-12 x (2min on, 2min off, 1min build-up)	EARLY/MID
1:3 to 1:4	70-90 s	4-6 min	Anaerobic glycolysis	5-8 x (90s on, 5 min off, 1min build-up) 5-8 x (80s on, 5 min off, 1min build-up) 5-8 x (70s on, 4 min off, 1min build-up)	EARLY/MID
1:4 to 1:5	40-60 s	4-5 min	Anaerobic glycolysis	8-10 x (60s on, 4min off, 1min build-up) 8-10 x (50s on, 3min off, 1min build-up) 8-10 x (40s on, 3min off, 1min build-up)	MID/LATE
Resistance Workouts					
Training Load	Training Volume	Rest interval	Exercise Selection & Order		Phase of Training
Muscle Hypertrophy: 6-10 reps	3-6 sets	30 to 90 s	Total body: Power, core, assistance <b>Example workout:</b> Workout 'A, B, C' 8 to 10 reps x 6 sets with 45 s rest		EARLY
Muscle Strength: <6 reps	2-6 sets	2 to 5 min	Total body: Power, core, assistance <b>Example workout:</b> Workout 'A, B, C' 5 to 6 reps x 5 sets with 4 min rest		MID
Muscle Power: 1-5 reps	3-5 sets	2 to 5 min	Total body: Power, core, assistance <b>Example workout:</b> Workout 'D, E' 2 to 3 reps x 5 sets with 5 min rest		LATE
Fight Simulation					
Goal	Workouts			Phase of Training	
Mimic demands of a typical MMA match (3-5 x 5 min rounds)	See p.10 for examples			THROUGHOUT	

## Fight Camp Workouts (For All Fight Plans)

Endurance Workouts					
Work:Rest Ratio	Work interval	Rest interval	Metabolic target	Example workouts	Phase of Training
1:5 to 1:6	30 s	2-3 min	ATP-PCr	4-8 x (30s on, 2min off, 1min build-up)	EARLY
1:3	30 s	90 s	ATP-PCr / buffering	8 x (30s on, 60s off, 30s build-up)	EARLY
1:6 to 1:7	15-20 s	1.5-2.5 min	ATP-PCr	7-10 x (20s on, 2min off, 30s build-up) 10 x (15s on, 1.5min off, 30s build-up)	EARLY/MID
1:12	10 s	2 min	ATP-PCr	15 x (10s on, 1.5min off, 30s build-up)	MID/LATE
1:10	5-6 s	1 min	ATP-PCr/ buffering	15 x (6s on, 1min light jog)	MID/LATE
1:10	5-6 s	1 min	ATP-PCr/ buffering	[6 x (6s on, 10s off), take 3 minutes rest], perform 3 to 6 times	MID/LATE
1:30	30 s	10 min	ATP-PCr/glycolytic enzymes	7-10 x (30s on, 5 min off, 4min light jog, 1min build-up)	LATE
1:45	20 s	15 min	ATP-PCr Glycolytic enzymes	4-5 x (20s on, 10 min off, 4min light jog, 1 min build-up)	LATE
1:20	5-6 s	1.5 min	ATP-PCr	15 x (5s on, 1min off, 15s build-up)	LATE
Resistance Workouts					
Training Load	Training Volume	Rest interval	Exercise Selection & Order		Phase of Training
Muscle Endurance: 12-15 reps	2-3 sets	30 to 60 s	Total body: Power, core, assistance <b>Example workout:</b> Workout 'A, B, C' 12 to 13 reps x 3 sets with 30 s rest		THROUGHOUT
Muscle Strength: <6 reps	2-6 sets	2 to 5 min	Total body: Power, core, assistance <b>Example workout:</b> Workout 'A, B, C' 5 to 6 reps x 5 sets with 4 min rest		THROUGHOUT
Muscle Power: 1-5 reps	3-5 sets	2 to 5 min	Total body: Power, core, assistance <b>Example workout:</b> Workout 'D, E' 2 to 3 reps x 5 sets with 5 min rest		THROUGHOUT
Fight Simulation					
Goal	Workouts			Phase of Training	
Mimic demands of a typical MMA match (3-5 x 5 min rounds)	See p.10 for examples			THROUGHOUT	

## Taper Workouts (For All Fight Plans)

Endurance Workouts					
Work:Rest Ratio	Work interval	Rest interval	Metabolic target	Example workouts	Phase of Training
1:30	30 s	10 min	ATP-PCr/glycolytic enzymes	7-10 x (30s on, 5 min off, 4 min light jog, 1min build-up)	EARLY
1:45	20 s	15 min	ATP-PCr / glycolytic enzymes	4-5 x (20s on, 10 min off, 4min light jog, 1min build-up)	MID
1:20	5-6 s	1.5 min	ATP-PCr	15 x (5s on, 1min off, 15s build-up)	LATE
Resistance Workouts					
Training Load	Training Volume	Rest interval	Exercise Selection & Order		Phase of Training
Muscle Strength: <6 reps	2-3 sets	2 to 5 min	Total body: Power, core, assistance <b>Example workout:</b> Workout 'A, B, C' 2 to 3 reps x 3 sets with 4 min rest		THROUGHOUT
Muscle Power: 1-5 reps	2-3 sets	2 to 5 min	Total body: Power-based <b>Example workout:</b> Workout 'D, E' 1 to 2 reps x 2 sets with 5 min rest		THROUGHOUT
Fight Simulation					
Goal	Workouts			Phase of Training	
Mimic demands of a typical MMA match (3-5 x 5 min rounds)	See p.10 for examples			Not recommended	

## Transition Workouts (For All Fight Plans)

<b>Endurance Workouts</b>					
Work:Rest Ratio	Work interval	Rest interval	Metabolic target	Example workouts	Phase of Training
n/a	n/a	n/a	Oxidative	n/a	EARLY
1:1	5 min	5 min	Oxidative	2-6 x (5min on, 5min off) 2-6 x (5 min on, 3 min off, 2min build-up)	MID
1:0.5	5 min	2-3 min	Oxidative	4-6 x (5min on, 2min off, 1 min build-up) 4-6 x (5 min on, 1 min off, 2min build-up)	LATE
<b>Resistance Workouts</b>					
Training Load	Training Volume	Rest interval	Exercise Selection & Order		Phase of Training
Muscle Endurance: 12-15 reps	2-3 sets	30 s	Total body: Power, core, assistance <b>Example workout:</b> Workout 'A, B, C' 14 to 15 reps x 3 sets with 30 s rest		EARLY
Muscle Hypertrophy: 6-12 reps	3-6 sets	30 to 90 s	Total body: Power, core, assistance <b>Example workout:</b> Workout 'A, B, C' 10 to 12 reps x 6 sets with 45 s rest		MID/LATE
Muscle Strength: <6 reps	2-6 sets	2 to 5 min	Total body: Power, core, assistance <b>Example workout:</b> Workout 'A, B, C' 5 to 6 reps x 5 sets with 4 min rest		LATE
<b>Fight Simulation</b>					
Goal	Workouts			Phase of Training	
Mimic demands of a typical MMA match (3-5 x 5 min rounds)	See p.10 for examples			Not recommended	



## Recovery, Warm-ups, Cool-downs, & Flexibility Workouts

<b>Recovery Workouts</b>			
Example workout	When to use	Type of activity	
Basketball, squash, resistance training technique focused	Any time	Non-contact intermittent high intensity games (basketball, squash), focus on Olympic lifting techniques	
10 to 20 min activity at 50 % of your maximum heart rate, followed by 10 to 20 minutes of stretching	Any time	whole body movements; swimming, cycling, some running	
2-4 x (5min on, 5min off, 1 min build-up) OR 2-6 x (5 min on, 3 min off, 2min build-up)	Any time	"	
**Both workouts should be around 50 % of your maximum heart rate, followed by 10 to 20 minutes of stretching			
<b>Warm-ups</b>			
Example workout	When to use	Type of activity	
Maintain heart rate around 35 % of max until you start to sweat.	Before aerobic workout	Whole body	
General warm-up: 5 to 10 min at 70 % to 80 % of your max heart rate. Specific warm-up: 8-12 min dynamic stretching with workout-specific movements, building intensity and specificity towards end of warm-up.	Before any anaerobic glycolysis workout	"	
Warm up at 60 % to 70 % of your max heart rate for 5 to 10 minutes. Specific warm-up: 8-12 min dynamic stretching with workout-specific movements, building intensity and specificity towards end of warm-up. Recover 5 minutes. Avoid explosive movements before, as this may deplete muscle glycogen and impair your performance	Before any ATP-PCr workout & resistance training	"	
<b>Cool-Downs</b>			
Example workout	When to use	Type of activity	
Cool-down for 20 minutes at a pace that is slightly higher than your self-selected comfortable pace.	After any workout	Whole body	
<b>Stretching &amp; Flexibility</b>			
Example workout	When to use	Type of activity	
Warm-up first. Hold each stretch >30s/stretch, 3 to 6 set. Include PNF and static stretches, as necessary. Hold to mild discomfort (not pain). Refer to the Guide to Stretching for more details.	Any time	Dynamic, Static and PNF stretching *See Stretching Techniques Document*	

## The Fight Simulation (For All Fight Plans)

Description			
Goal	Workouts	Load & progression	Phase of Training
Mimic demands of a typical MMA match (3-5 x 5 min rounds)	Resistance (R) → endurance (E) → Rest	↑ load/weight	FIGHT SPECIFIC PHASE / FIGHT CAMP / TAPER
	(30 s R → 30 s E → 60 s rest) x 5 for 3-5 Rounds, 60 s rest between rounds	↑ pace ↓ rest between blocks Alter work time for resistance vs. endurance movement (15 s to 45 s)	

Example workout					
	Round 1	Round 2	Round 3	Round 4	Round 5
Block 1	30 s Power clean → 30 s Treadmill running → 60 s rest ↓	Snatch → rowing machine → 60 s rest ↓	Jump squat → Rope climb → 60 s rest ↓	Two-arm kettle-bell swing → skipping → 60 s rest ↓	Kettle-bell snatch → Treadmill run → 60 s rest ↓
Block 2	30 s Bench press → shadow boxing → 60 s rest ↓	Incline chest press → ground & pound → 60 s rest ↓	Deadlift → Takedown defence (sprawl) → 60 s rest ↓	1-arm row L/R → Double/single leg take-down with partner → 60 s rest ↓	Hang-clean → Striking focus pads → 60 s rest ↓
Block 3	Back squat → Bicycle (abs) → 60 s rest ↓	Front squat → Tire flip → 60 s rest ↓	Dumbbell bench press → Battle ropes → 60 s rest ↓	Power-drop → Rowing machine → 60 s rest ↓	Push-jerk → Bicycle (abs) → 60 s rest ↓
Block 4	Bent-over row → Striking focus pads → 60 s rest ↓	Lat pull-down (chin-ups) → Striking focus pads → 60 s rest ↓	Lunges → shadow boxing → 60 s rest ↓	45° sit-up → Striking focus pads → 60 s rest ↓	Depth push-up → Ground & pound → 60 s rest ↓
Block 5	Ab/trunk movement → skipping → 60 s rest	Ab/trunk movement → elliptical → 60 s rest	Ab/trunk movement → Treadmill running → 60 s rest	Ab/trunk movement → Treadmill running → 60 s rest	Ab/trunk movement → elliptical → 60 s rest

\*60s rest between rounds

### Resistance Workout A

Power clean (advanced) OR Hang clean



Back squat



Bench press



Bent-Over Row OR One-Arm Row



Seated Shoulder Press/ Standing Push Press



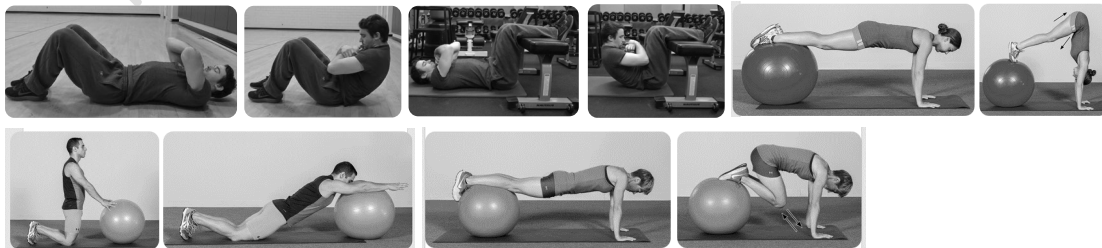
Biceps curl variations



Triceps extension variations



Abdominal/Trunk (Bent-knee sit-up/ ab crunch, Stability ball pike, Stability ball roll-out, Stability ball jack-knife)



### Resistance Workout B

Snatch (advanced) OR Push Jerk/ Push Press



Front squat



Incline press



Lat Pulldown/Chin-ups



Front Shoulder Raise



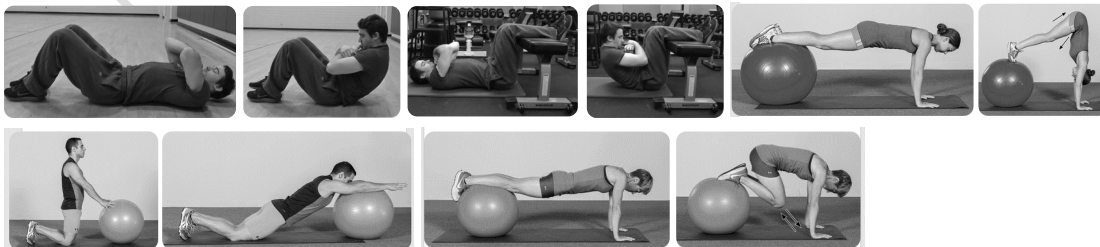
Biceps curl variations



Triceps extension variations



Abdominal/Trunk (Bent-knee sit-up/ab crunch, Stability ball pike, Stability ball roll-out & jack-knife)



## Resistance Workout C

### Jump-squat



### Lunges



### Deadlift



### Bench press (use dumbbells)



### Upright row



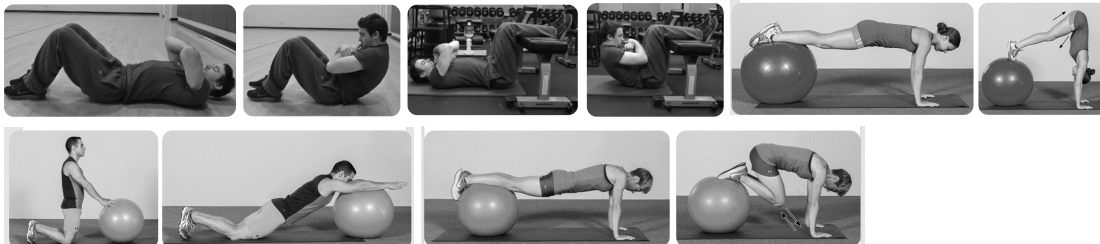
### Biceps curl variations



### Triceps extension variations



### Abdominal/Trunk (Bent-knee sit-up/ ab crunch, Stability ball pike, Stability ball roll-out, Stability ball jack-knife)



### Resistance Workout D (Power-based)

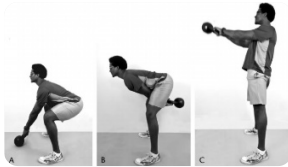
Snatch (advanced) OR One-arm dumbbell/kettlebell snatch



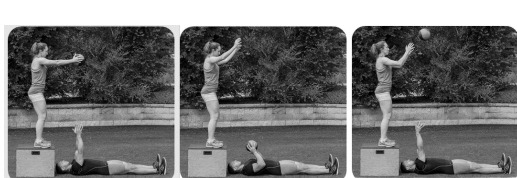
Push Jerk/ Push Press



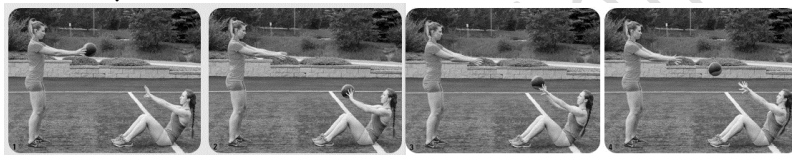
Two-arm kettlebell swing



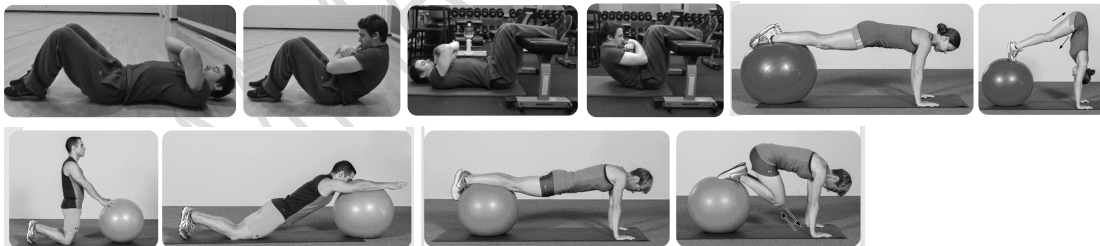
Power Drop



45° Sit-up:

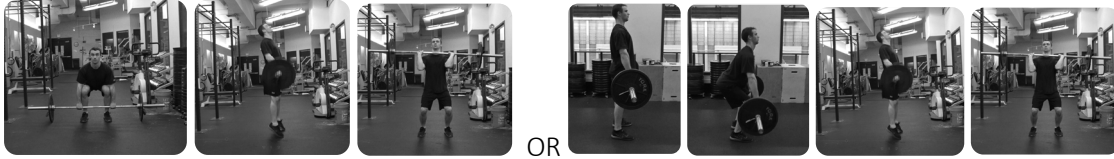


Abdominal/Trunk (Bent-knee sit-up/ ab crunch, Stability ball pike, Stability ball roll-out, Stability ball jack-knife)



### Resistance Workout E (Power-based)

Power clean (advanced) OR Hang clean



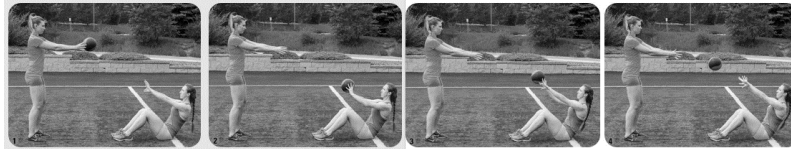
Jump-squat



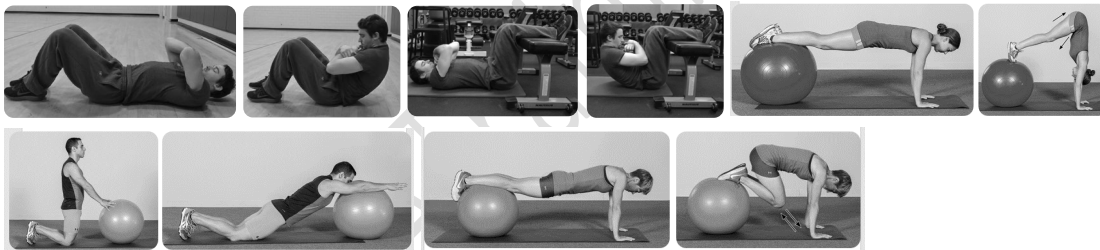
Depth push-up



45° Sit-up:



Abdominal/Trunk (Bent-knee sit-up/ ab crunch, Stability ball pike, Stability ball roll-out, Stability ball jack-knife)



**Resistance Workout A**

Training goal	Exercise order	Load & reps	Sets	Rest
	<ol style="list-style-type: none"> <li>1. Power Clean (advanced) OR Hang clean</li> <li>2. Back Squat</li> <li>3. Bench Press</li> <li>4. Bent Row OR 1 arm row</li> <li>5. Standing Shoulder Press</li> <li>6. Biceps (any variation)</li> <li>7. Triceps (any variation)</li> <li>8. Abdominal/Trunk</li> </ol>			

**Resistance Workout B**

Training goal	Exercise order	Load & reps	Sets	Rest
	<ol style="list-style-type: none"> <li>1. Snatch (advanced) OR Push-Jerk</li> <li>2. Front Squat</li> <li>3. Incline bench Press</li> <li>4. Lat pulldown OR chin-ups</li> <li>5. Front Shoulder Fly</li> <li>6. Biceps (any variation)</li> <li>7. Triceps (any variation)</li> <li>8. Abdominal/Trunk</li> </ol>			

**Resistance Workout C**

Training goal	Exercise order	Load & reps	Sets	Rest
	<ol style="list-style-type: none"> <li>1. Squat-jump</li> <li>2. Lunges</li> <li>3. Deadlift</li> <li>4. Dumbbell bench Press</li> <li>5. Uprights</li> <li>6. Biceps (any variation)</li> <li>7. Triceps (any variation)</li> <li>8. Abdominal/Trunk</li> </ol>			

**Resistance Workout D (Power-based)**

Training goal	Exercise order	Load & reps	Sets	Rest
	<ol style="list-style-type: none"> <li>1. Snatch (advanced) OR one-arm dumbbell/kettlebell snatch</li> <li>2. Push Jerk</li> <li>3. Two-arm kettlebell swing</li> <li>4. Power drop</li> <li>5. 45° sit-up</li> <li>6. Abdominal/Trunk</li> </ol>			

**Resistance Workout E (Power-based)**

Training goal	Exercise order	Load & reps	Sets	Rest
	<ol style="list-style-type: none"> <li>1. Power Clean (advanced) OR hang clean</li> <li>2. Jump-squat</li> <li>3. Depth push-up</li> <li>4. 45° sit-up</li> <li>5. Abdominal/Trunk</li> </ol>			



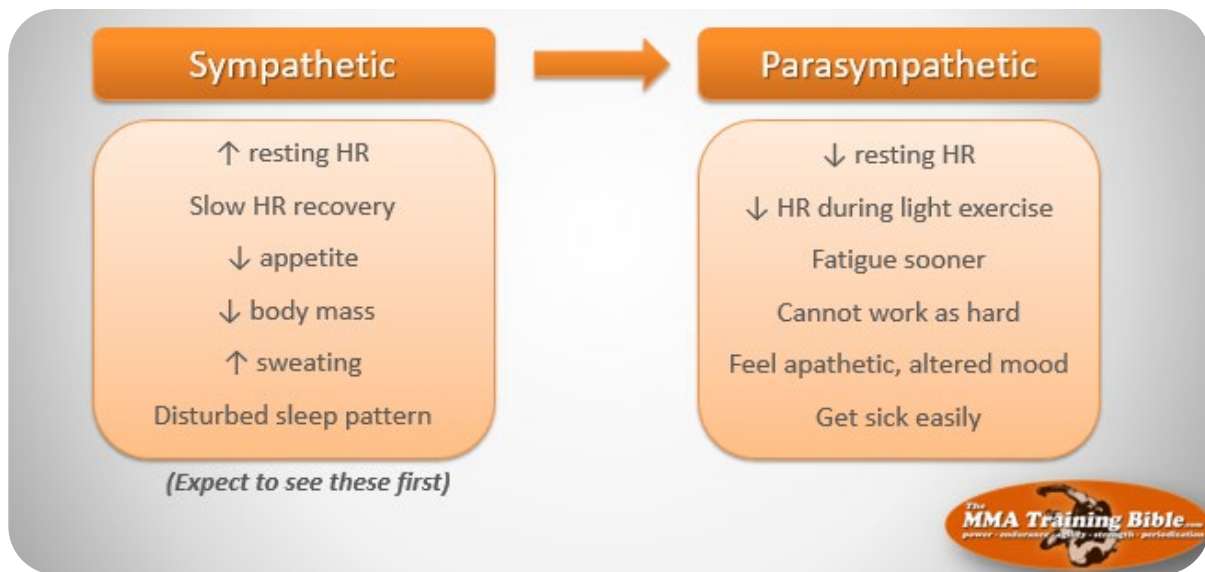
## Training Log

<b>AM TRAINING SESSION (delete/add as necessary)</b>	
Phase: _____	Sub-phase: _____ Training week: _____ Training day: _____
Intended difficulty of training session: _____	
Training objectives:	
1.	
2.	
3.	
<b>Warm-up</b>	
Main body	
<b>Cool-down</b>	
General comments	

<b>PM TRAINING SESSION (delete/add as necessary)</b>	
Phase: _____	Sub-phase: _____ Training week: _____ Training day: _____
Intended difficulty of training session: _____	
Training objectives:	
1.	
2.	
3.	
<b>Warm-up</b>	
Main body	
<b>Cool-down</b>	
General comments	

	Overtraining factor	Monitoring
<b>Health</b>	General comment	
	Sleep quality	No sleep / Very poor / Normal / Very good
	Mood	Anger / Tension / Depression / Vigour / Fatigue / Confusion / Happy / Calm
	Resting HR	Time of day (preferably upon waking); _____ HR score (bpm): _____
	Body mass	Time Taken (preferably upon waking): _____ Score: _____
<b>Physical</b>	General comment	
	Sense of overall fatigue	None / Barely detectable / Weak / Moderate / Strong / Very Strong / Strongest imaginable
	Sense of overall muscle soreness	None / Barely detectable / Weak / Moderate / Strong / Very Strong / Strongest imaginable
<b>Nutrition</b>	General comment	
	Appetite	No appetite / Below normal / Normal / Above normal

## Overtraining Signs & Symptoms



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