

# 3 day mma weight training

**3 Day MMA Weight Training** is an effective way to enhance strength, endurance, and overall performance for mixed martial arts practitioners. Weight training is a crucial component of an MMA athlete's routine, as it helps to develop the muscles necessary for grappling, striking, and overall combat efficiency. This article will explore a comprehensive 3-day weight training program tailored specifically for MMA fighters, including workout structures, exercise selection, recovery strategies, and nutritional guidelines to optimize performance.

## Understanding the Importance of Weight Training in MMA

MMA is a physically demanding sport that requires a unique combination of strength, power, endurance, and agility. While technical skills and conditioning are essential, weight training can significantly enhance these attributes. Here's why weight training is crucial for MMA fighters:

- **Increased Strength:** Strength training helps develop the muscles used in grappling and striking, allowing athletes to generate more power in their movements.
- **Enhanced Endurance:** Weight training can improve muscular endurance, which is vital for maintaining performance throughout fights.
- **Injury Prevention:** A well-structured strength program can help strengthen tendons and ligaments, reducing the risk of injuries.
- **Improved Recovery:** Strength training can enhance blood circulation, aiding in recovery from intense training sessions.

## 3-Day MMA Weight Training Program Overview

The following program is designed to be performed three times a week, allowing for adequate recovery between sessions. The program focuses on compound movements that engage multiple muscle groups, mimicking the physical demands of MMA.

### Weekly Structure

- Day 1: Upper Body Strength
- Day 2: Lower Body Strength
- Day 3: Full Body Power and Endurance

Each workout includes a warm-up, strength training, and a conditioning component.

## **Day 1: Upper Body Strength**

Warm-Up (10-15 minutes)

- Jump Rope: 5 minutes
- Dynamic Stretching: Arm circles, shoulder dislocations, and torso twists

Strength Training (45-60 minutes)

1. Bench Press (Barbell or Dumbbell)

- Sets: 4
- Reps: 6-8

2. Pull-Ups (Weighted if possible)

- Sets: 4
- Reps: 6-10

3. Overhead Press (Barbell or Dumbbell)

- Sets: 3
- Reps: 6-8

4. Bent-Over Rows (Barbell or Dumbbell)

- Sets: 4
- Reps: 8-10

5. Dips (Weighted if possible)

- Sets: 3
- Reps: 8-10

Conditioning (10-15 minutes)

- HIIT Circuit (30 seconds work, 30 seconds rest):
- Push-Ups
- Mountain Climbers
- Medicine Ball Slams

## **Day 2: Lower Body Strength**

Warm-Up (10-15 minutes)

- Light Jog: 5 minutes
- Dynamic Stretching: Leg swings, hip circles, and lunges

Strength Training (45-60 minutes)

1. Squats (Barbell Back Squat)

- Sets: 4
- Reps: 6-8

2. Deadlifts (Conventional or Romanian)

- Sets: 4
- Reps: 6-8

### 3. Leg Press

- Sets: 3
- Reps: 8-10

### 4. Lunges (Walking or Stationary)

- Sets: 3
- Reps: 8-10 per leg

### 5. Calf Raises (Standing or Seated)

- Sets: 4
- Reps: 10-12

### Conditioning (10-15 minutes)

- Circuit (30 seconds work, 30 seconds rest):
- Box Jumps
- Kettlebell Swings
- Burpees

## **Day 3: Full Body Power and Endurance**

### Warm-Up (10-15 minutes)

- Jump Rope: 5 minutes
- Dynamic Stretching: Full body movements, focusing on mobility

### Strength Training (45-60 minutes)

#### 1. Power Cleans

- Sets: 4
- Reps: 4-6

#### 2. Thrusters (Barbell or Dumbbell)

- Sets: 3
- Reps: 6-8

#### 3. Chin-Ups

- Sets: 3
- Reps: 6-10

#### 4. Kettlebell Snatch

- Sets: 3
- Reps: 8-10 per arm

#### 5. Plank Holds

- Sets: 3
- Duration: 30-60 seconds

### Conditioning (10-15 minutes)

- EMOM (Every Minute on the Minute) for 10 minutes:
- Odd Minutes: 10 Push-Ups
- Even Minutes: 10 Air Squats

# Recovery Strategies

Recovery is critical for any athlete, especially those engaging in intense training like MMA. Here are some essential recovery strategies:

- Hydration: Proper hydration aids in muscle recovery and overall performance.
- Nutrition: Focus on a balanced diet rich in protein, healthy fats, and complex carbohydrates to fuel workouts and recovery.
- Sleep: Aim for 7-9 hours of quality sleep per night to promote muscle repair and hormonal balance.
- Active Recovery: Incorporate light activities, such as stretching, yoga, or swimming, on non-training days to enhance recovery.

## Nutritional Guidelines for MMA Fighters

Nutrition plays a crucial role in an MMA athlete's performance and recovery. Here are some guidelines to consider:

- Protein Intake: Aim for 1.2 to 2.0 grams of protein per kilogram of body weight to support muscle repair and growth.
- Carbohydrate Sources: Include whole grains, fruits, and vegetables to maintain energy levels during training.
- Healthy Fats: Incorporate sources like avocados, nuts, seeds, and olive oil for overall health and energy.
- Pre-Workout Nutrition: Consume a balanced meal 1-2 hours before training, focusing on carbohydrates and proteins for sustained energy.
- Post-Workout Nutrition: Eat a meal rich in protein and carbohydrates within 30-60 minutes post-training to support recovery.

## Conclusion

Implementing a 3 Day MMA Weight Training program can significantly enhance an athlete's performance in mixed martial arts. By focusing on strength, power, and endurance, fighters can build the necessary physical attributes to excel in their sport. Combining this training with proper recovery strategies and a balanced diet will ensure optimal performance and longevity in the sport. Whether a beginner or an experienced fighter, this structured approach can lead to noticeable improvements in strength, agility, and overall fighting capabilities.

## Frequently Asked Questions

### What is a typical 3-day MMA weight training split?

A typical 3-day MMA weight training split might include Day 1 focusing on upper body strength, Day 2 on lower body strength, and Day 3 on full-body conditioning and explosive movements.

## **How can I balance MMA training with weight training over 3 days?**

To balance MMA training with weight training, schedule your MMA sessions on non-weight training days or after your strength workouts, ensuring you have enough recovery time between sessions.

## **What exercises should I include in my 3-day MMA weight training routine?**

Include compound exercises like deadlifts, squats, bench presses for strength; along with functional movements like kettlebell swings, pull-ups, and medicine ball throws for explosiveness and conditioning.

## **How should I structure my sets and reps for MMA weight training?**

For MMA weight training, aim for 3-4 sets of 6-12 reps for strength exercises, focusing on heavier weights, and incorporate high-rep (15-20) sets for conditioning exercises to build endurance.

## **What should I eat before and after my 3-day MMA weight training sessions?**

Before training, consume a meal rich in carbohydrates and protein for energy, such as oatmeal with protein powder. After training, have a recovery meal with protein and healthy fats, like a chicken salad with avocado.

## **How can I prevent injuries during my 3-day MMA weight training?**

To prevent injuries, focus on proper form, warm up adequately before workouts, incorporate mobility training, and ensure you have rest days to allow muscle recovery.

## **What are the benefits of incorporating weight training into MMA training?**

Incorporating weight training into MMA training enhances overall strength, power, and endurance, improves injury resilience, and boosts performance in grappling and striking.

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