

MAY 2025

The Guide to Sustainable Strength

Build Power. Stay Sharp. Train for Life.



Coach's Note: Why I Built This

COVID ERA

was a point of inflection for me, like it was for you. Do I double down now, or should I fall out of love? I picked the first one—more. More muay Thai, co-open a new gym, less burnout. I consulted great head coaches, trained with some of the best teams, and learned more. More strength, more movement and recovery, more fight skills, more love, more time with my partner.

Coming back from PRP treatment, I re-learned: strength is about the **long game**..

But you never short yourself in the now-time. Work hard as hell, but distribute your energy evenly. Recover, eat, train—with purpose **only**— why isn't this the norm?

Because it's not that **sexy** on its face.

But, I'm grateful for the lessons. Let's dive into discover how you can sustain strength for life and still be a mobile **weapon**, accountable **student**, and leads to being a **loving person**.



What Is Sustainable Strength?

“Strength that lasts”

means training without getting injured. And, without burning out. These things stop you from greatness.

Ego lifting, For the Gram (FTG) training, Semiglutide supplementation... all dope. But alone, are **extrinsic** motivators—they’re not personalized, and thus, are temporary.

Strength training should be limitless: do it till you’re old, even if you’re fatter, never get too injured.

Combat athletes know this already,.. training right doesn’t have to break you.

The Myth of Beast Mode

Chase longevity

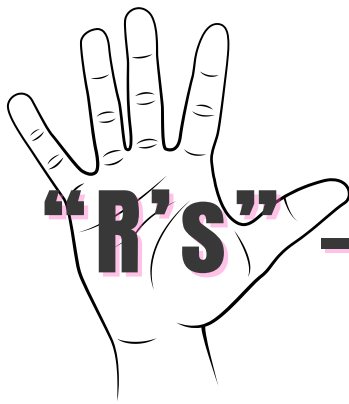
Numbers chart your success, so chase **success over numbers**.

Tension and Volume

Did you know, unless you're power training, or competing, adding more weight to your lifts isn't goal one. **Volume** is goal one.

Pain

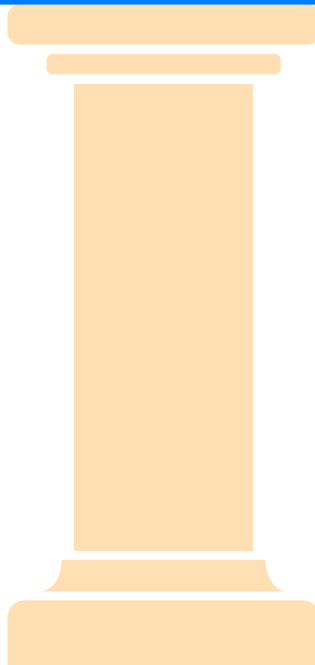
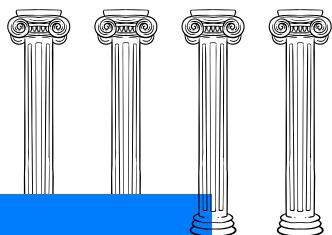
You're gonna feel it. You need to manage, not endure it. Pain relievers aren't the devil. Recovery is all about **parasympathetic** response. Discover what works for you through experimentation. Oh, and get routine massages, or massage yourself often.

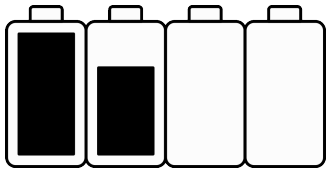


“R’s” – Pillars of Sustainable Strength

These are your blueprints to train and last
like an athlete.

You’ll build power, control, and rhythm
without burning out.



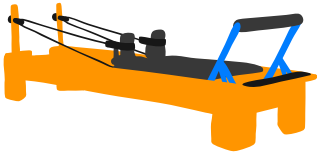


R 1 – Rev Up

What are we training today?

Pick an energy system to guide
your training splits. I use a **hybrid**.

This way you don't burn out mid-
workout or even mid-week.



R 2–Reform

Train movement

Find a Reformer and learn how to use it in a class. And look, sometimes that's not an option. You can work your mobility at home. You should by simply re-adjusting your body throughout the day. Don't stay stuck.



R 3—Rehearse

Practice is the hidden layer

Mental rehearsal is vital in competition spaces and when learning technical moves. In combat sports or in learning compound and complex lifts, **thinking IS practice**. But then, get out there and practice. Reps on reps—that's how you get ahead. **Deliberately** practice.



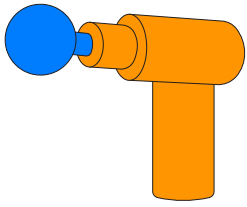
R 4 – Train With Rhythm

No chaos, just practice

Breathing exercises are underrated. Simple **box breathing** is a beginners' breath exercise. You can do a polygon breath, breath of fire and more.

The **parasympathetic response** is meta. It's like training your body to calm down nearly instantly from any stress. You should be able to recover inside of 1 round, or less than 1.5 minutes (really) from most submax HR intervals.

Know where to apply pressure and exertion and when to back off. Last longer, never front run.



R 5 –Rest with Purpose

Long-game advantage

Parasympathetic response... my Lord this is vital.

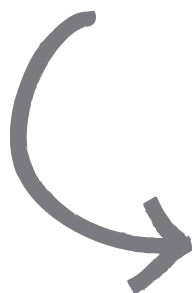
Science has only proven that parasympathetic down regulation IS recovery. And **how** you get there almost doesn't matter. Recovery is where you grow muscle and supercompensation happens. Without it you won't advance.

So use the: cyro-chamber, sauna, Thai or deep massage*, HyperVolt, Kineso Tape, cupping, TENS units with EMG, accupuncture or anything to train your body to chill...

*seems to be most effective for fitness and flexibility, Swedish or Abhyanga for relaxation

DAY	FOCUS	EXAMPLE
DAY 1	Power + Technical	Heavy bag work + explosive lifts
DAY 2	Mobility + Long Conditioning	Reformer / joint flow + 30–45 min steady cardio
DAY 3	Upper Hybrid + Striking	Pad rounds + upper body hybrid circuit
DAY 4	Lower Hybrid + Conditioning	20-40 min steady cardio + lower body hybrid
DAY 5	Sparring + Recovery Prep	Controlled rounds + mobility + box breathing
DAY 6	Lower Hybrid + Kickboxing	Full-body lift + kick combos + footwork drills
DAY 7	Full Rest or Light Flow	Walk, sauna, breathwork, stretch, Thai massage

Competition Cycle



Day 1: Drilling + Heavy bag work

Day 2: Drilling

Day 3: Pads + Bag work

Day 4: Recovery

Day 5: Sparring

Day 6: Drilling

Day 7: Full rest or light movement



“Know your **Calories**.”

“Mobility is **movement** insurance.”

“Strength is **all** this: endurance, power,
hypertrophy, agility, mobility, core.”

“Strengthen your **GRIP**.”

“Every set is a skill.”

READY FOR MORE? TRAIN WITH ME!



Kickboxing on Saturdays

Boxing M,W,F

If you FELT this — if this reminded you who you really are — I want to train
with you! DM me, join Kickboxing every Saturday or Train with me

BRAND NEW

[Join me on Substack](#)

[Reserve your Spot](#)

via google to Vagaro (no cost, no spam)

To close...

Want to effortlessly create
habits that last?

Practice expressing gratitude.

Frail human egos struggle to coexist
when gratitude fills your heart. As a
teenager, I rode public transit daily
right past where my current gym is.
It's my daily reminder that you just
never know. And, this makes me
grateful. What makes you grateful?

— Johann