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## Hibiclens Training Techniques *by Scott Goodpaster*

# Taylor set a training tone that was unlike anyone

Immortal greatness is what I witnessed back in 2006 at the state of Ohio wrestling championships. David Taylor was wrestling in the finals his freshman year when he caught my eye.

At the time, I had no clue who he was. A friend of mine provided information and history about David as we watched his match. David was dominating in the finals as a ninth grader! I looked at my friend and said, "I would love the opportunity to help David with his strength and conditioning."

Two years later, it came to fruition. I met David and his father Dave at a district tournament when David was a junior in high school. I was there supporting one of my wrestlers who is a quadruple amputee, Dustin Carter.

Due to the success Dustin was having that year, David's father said "I see what you have done for Dustin, who has no legs and no arms; I can only imagine what you can do for my son with legs and arms," the elder Taylor said, "We will be seeing you at your facility very soon."

The excitement set in. A week after state ended David called me and left a message on our Cincinnati Functional Fitness voicemail. The rest was history. David and his father came down to my facility in Cincinnati, Ohio. He walked into my facility weighing 124 pounds. His goals were to gain size and strength for his senior year and to prepare for college wrestling.

The first training session was a special experience for both of us. I took David through CFF's movement



(Scott Goodpaster photo)

### David Taylor trained with heavy ropes at Cincinnati Functional Fitness as a prep before heading to Penn State for college.

prep warm-up. I remember the warm-up being extremely challenging for him. David said to me "This is the warm-up. What's the workout like?"

From that moment on we got to know each other on a personal level. David trained with me two times a week. He drove an hour and half each way to and from my facility every Wednesday and Sunday. Each time he trained, it was for an hour and half. Between the drive and workout, that's 4.5 hours of dedication per day totaling 9 hours per week.

There were times after his workout where all he could do was sit on the ground and regroup for 15-20 minutes. He was so exhausted from his workout

and still had his long drive home. CFF workouts are demanding but David brought so much focus and intensity to the workouts, which made it even more extreme.

His intensity was like a chain-reaction. I too became so intense that, at times, I wasn't even aware there were other people in the room. Sometimes, I would feel terrible that David would have to drive so far home totally exhausted.

David invested and dedicated many hours of his time working out with me in the off-season. It paid in dividends. He started his senior season up four weight classes from the previous season. David was much bigger and stronger. I used a hybrid system to help develop David. This means, I used many different disciplines of training with him.

We worked on his core, joint integrity, general strength, isometric strength, grip, power and power endurance. My focus was to build him from the inside out. David improved in many areas. He trained with me on Sundays during the season. One thing that sticks with me is how much we improved his core. He used to experience constant back pain but this year he wrestled his entire season pain free.

My experience training David impacted me significantly as a person and professionally. Today, David might believe I helped him more than he helped me but, let me tell you this: David has helped

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