

Nate Diaz Daily Routine in 2023

written by Naveen Arora | October 23, 2022

Hard works always pay off. Never stops and always keeps grinding is the hidden secret of successful people. You cannot lose if you never give up. MMA is a sport that requires a lot of struggle to be in a game. Everything looks good until you get punched on your face. To be in a game, one always needs to keep moving and nourishing the skills. Losing a match is okay, but losing self-confidence isn't okay. Without losing hope and always focusing on your strength and weakness makes you a perfect MMA Star. Plan, focus, and execution are the three keywords one should always remember. These three things and qualities like dedication, persistence, and discipline make you a perfect winning contender. One of the fighters who have these mentioned qualities is Nate Diaz.

Nate Diaz is an American professional mixed martial artist, currently signed with the Ultimate Fighting Championship (UFC). He has gained name and fame, due to his hard work. In this article, we will look out at the hard work of Nate Diaz. Today we will get to know about the daily routine of Nate Diaz. Let us have an eye on some of Nate Diaz's facts, achievements, and the things we can learn from him.



Nate Diaz record

Every fight, I'm fighting blind opponents. I don't know who it's going to be, who I'm fighting, if I'm really fighting them.

Who is Nate Diaz

- Nathan Donald Diaz (born April 16, 1985) is an American professional mixed martial artist, currently signed with the Ultimate Fighting Championship (UFC).
- Before signing with the UFC, Diaz competed in World Extreme Cagefighting, Strikeforce, and Pancrase. He has been in the UFC since winning The Ultimate Fighter 5.
- Diaz is the younger brother of former Strikeforce, WEC, and IFC welterweight champion, Nick Diaz.
- He has been primarily vegan since he was 18, but admits to eating fish from time to time.
- On June 20, 2018, it was announced that Diaz's girlfriend had given birth to their daughter.

Born	Nathan Donald Diaz April 16, 1985 (age 36) Stockton, California, U.S.
Height	6 ft 0 in (183 cm)
Weight	170 lb (77 kg; 12 st 2 lb)
Division	Lightweight (2004–2010, 2011–2015) Welterweight (2010–2011, 2016–present)
Reach	76 in (193 cm)
Stance	Southpaw
Fighting out of	Stockton, California
Team	Cesar Gracie Jiu-Jitsu
Trainer	Richard Perez (Boxing) Cesar Gracie (Brazilian Jiu-Jitsu)
Rank	3rd-degree black belt in Brazilian Jiu-Jitsu under Cesar Gracie
Years active	2004–present



Nate Diaz net worth

If anybody's getting a shot, somebody's getting a shot against me because I'm the guy to beat.

Morning of Nate Diaz

- **Wakes up early in the morning**

Nate Diaz has a habit of waking up early. He has a family background in MMA so as a sportsman, he adapted the habit of waking up early.

- **Workout schedule**

After waking up he gets fresh and do some of his daily workouts. This is not his major workout session, in this he just warm up his body and maintains his physique.

- **Breakfast time**

After some workouts, Nate Diaz has his breakfast. He is Vegan but sometimes he eats egg.

"I like to promote the vegan industry. I hear a lot of criticism from people saying you need meat to be strong and for recovery, and it's a bunch of bullshit, because I train harder than everybody. It's so easy to argue with these people. I'm like, 'Dude, have you done a tenth of what I've done?'"

Afternoon of Nate Diaz

- **Workout session**

In afternoon he enters his gym and starts practising his drills. He practise with his trainer and always tries to get more and more output from his session. This is his major training session, he practise his drills with full of determination with his trainer.

- **Lunch time**

He takes natural protein diet to fuel up his body needs, as he is vegan he dont take proteins from meat. He is very few fighter of MMA who oppose Non vegetarian diet.

- **Free time**

After having lunch, Nate spends his time in doing what he like. Besides Boxing, Nate also likes swimming, biking and running, as well as weightlifting for the rematch training. "He does weights once or twice a week," said Gonzalez. "The weights are not super-heavy, it's to build functional strength, not necessarily to become powerful.

Evening of Nate Diaz

- **Workout routine**

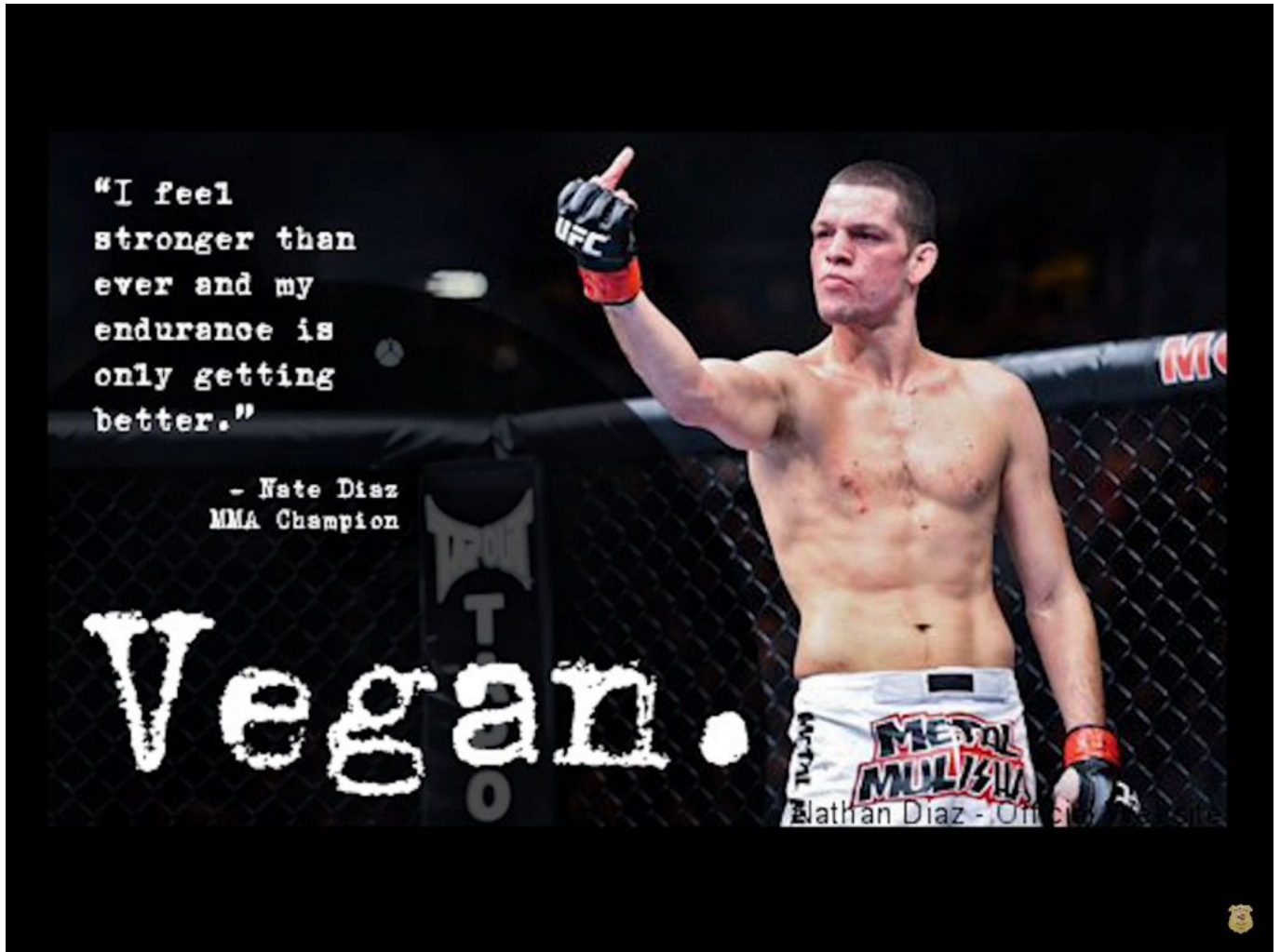
After freshing up, he gets back to the gym, where he enhance his skills. Two work-outs per day – if there's a third, it's because it's weights day or yoga day. He workout 6 days in a week and relax his body on the last day of week.

- **Dinner time**

After heavy workout, Nate Diaz recharge himself by having dinner. As mentioned above that he is vegan, he takes some supplimentary to fulfills his body needs.

- **Sleeps early in the night**

Nate Diaz sleeps early in the night, as he is an early riser. He takes a deep sleep, and puts his body in resting phase. Next morning he wakes up early and the cycle repeats.



Nate diaz diet 1

I don't come and fight for fun. I don't do that. I don't like to hurt people for fun.

Facts about from Nate Diaz

- Nate Diaz has been finished only once in his 17 year long career.
- Nate Diaz runs a Brazilian jiu-jitsu school in Stockton.
- Nate's chin is considered one of the hardest in the sport.
- He would go to train every day just so that he didn't have to go to sleep hungry, he said
 ("That was actually the main reason I wanted to go train. I didn't have any money. At home we didn't have s**t. I was starving all day. So if I went to train I'd get something to eat. Sometimes I'd be sitting at home and it was like, 'well, if I go train with Nick I'll get something to eat afterwards. If I don't, I'll just sit here and be hungry.' I was going for burritos and dinner, and hey, I wanted dinner every day. Before I knew it I was a blue belt.")
- Nate Diaz is now seen at every press conference, UFC event, and media day with a marijuana joint in his mouth.

Achievements and awards of Nate Diaz

- The Ultimate Fighter 5 winner
- Fight of the Night (Eight times) vs. Josh Neer, Clay Guida, Joe Stevenson, Marcus Davis, Donald Cerrone, Michael Johnson, & Conor McGregor
- Knockout of the Night (One time) vs. Gray Maynard
- Performance of the Night (One time) vs. Conor McGregor
- Submission of the Night (Five times) Alvin Robinson, Kurt Pellegrino, Melvin Guillard, Takanori Gomi, & Jim Miller
- 2016 March Fight of the Month vs. Conor McGregor
- 2016 August Fight of the Month vs. Conor McGregor
- 2019 November Fight of the Month vs. Jorge Masvidal
- Sherdog
- 2011 All-Violence First Team
- World MMA Awards
- 2016 Submission of the Year vs. Conor McGregor on March 5
- Wrestling Observer Newsletter
- 2016 Feud of the Year

Learning from Nate Diaz

- Consistency is the difference between honing a skill to perfection and ‘dabbling’ in said skill.
- Talent is great, but it’s hard work that leads to success.
- Master the basics to master the art.
- Fear is a natural response that you can use to your advantage.



Nate Diaz Cardio

I’m trying to stay focused on what I’m doing. I don’t want a whole lot of things going on – people to call back, or text messages or whatever. I chill out, relax a little bit, and then I don’t have those issues.

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