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Hank's Training Guide for Druggies

Quote Report 812 11

Thread created on 09:29:35 - 30/12/14 (2 years ago) | Last replied 15:08:19 - 02/01/17 (2 days ago)

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Quote Report 49 0

Hank [1732212]

Status: Civilian
Level: 82
Posts: 2595
Karma: 5105
Last Action: 47 minutes

Energy

Energy is the core ingredient to Gym Gains without it, you cant train. All players start with a Energy Bar capped at 100, and regenerate 5 energy every 15 minutes. The amount of Energy you receive can improved with Donator Status, your maximum Energy will increase to 150 and you will regenerate 5 Energy every 10 minutes. As mentioned previously without Energy you cannot train, but the efficiency of your trains are also affected by other things such as Happy, Gym, Education, Property, Job and Steadfast (Faction Perk). There are many things to consider, and unlimited variations in training methods which produce varying results. Training in the gym also provide exponential gains which are linked to the amount of the stat you are training, the exponential gains are capped at 50,000,000. At this point the gains you receive are constant, and are only affected by Happy, Gym, Education, Property, Job, Books and Steadfast (Faction Perk).

You can also stack your energy up to a maximum of 1000 by using drugs such as Xanax (250E) or LSD (50E), Energy Cans (20-30E) or specific job specials (1-7E per job point). PLEASE DO NOT USE FHC FOR STACKING, AS IT IS A REFILL ONLY.

- Take note whilst Feathery Hotel Coupon is a booster, it acts as a energy refill and does not stack. Once your over your maximum Energy you will no longer regenerate Energy, and you cannot lose the Energy unless you use it or overdose on a drug.

Mc Smoogle Corp (MCS) is another energy boosting Block Benefit (1,750,000 shares) to acquire. This benefit block will give you randomly (average once per week) a boost of 300 Energy. The current cost of this benefit block is around \$1,500,000,000. If you cant afford this don't worry, its a luxury!



MC SMOOGLE
corporation

- **Be active**, nothing hurts your stat gains more than not being active or running out of cash. Torn isn't a sprint, its a marathon pace yourself!

Happy

Happy is a very important feature in Gym Training, it provides a boost to your gym gains. The quantity of happy you have, and its maximum is set purely by the property your living in, along with the staff you have hired. As you train in the Gym your happy will reduce by 40-60% of the Energy you spend in the Gym. Happy just like Energy is replenished overtime, you gain 5 Happy every 15 minutes, up to your maximum amount. If you use Happy Boosters or Job Points to go above your maximum happy amount you will have until :00, :15, :30, :45 until it resets back to the maximum amount (eg 400/100, becomes 100/100). Combining high happy and high energy to train is a great way to improve your stats quickly. The effects of optimum training methods at various stat ranges is still being developed. Below is a list of properties and the happy available (excluding unique properties), it is very important to get the very best property you can afford to rent.

Property	Max Happy Fully Upgraded with Full Staff
	100

Music

Art & Literature

General Non-related

	165
	188
	275
	500
	650
	725
	800
	1150
	1725
	1925
	2475
	3450
	5025

Drugs

Believe it or not, but drugs such as Xanax could only be afforded by the very rich in the early days of torn, and because of this aiming for the sport science gym was a logical decision you could make. For those unaware the Sport Science Lab (SSL) Gym is only for players who have used a combined maximum of 150 Xanax/Ecstasy (that is 150 in total, not each). SSL offers superior gym gains across all stats when compared to other gyms. However with inflation growing out of control over many years the cost of drugs with a relative fixed price overseas were imported in regular shipments into our city. Drugs such as Xanax became affordable to the majority of the population, and its benefits lead it to becoming the most popular drug to date available.

So my advice is if you already have access to the sport science gym and can afford boosters (such as cans or FHC's) then stick with your drug free approach, you should also use energy refills (150 Energy) and LSD (50 Energy) as this will not affect your access to this gym. However if you cannot afford boosters, then my advice is to cut your losses and move onto Basic Training as the extra gains provided from just one year of training will be more than the gains in SSL over the same period of time.

However for all new players and those who are yet to gain access to the SSL gym you are far better off embracing the use of drugs and the risks associated with them. Drugs improve the speed of your gym progression, increase your stats faster and help you to become a more active player as you are forced to monitor the cool down timers to maximize your training results. Once you have taken 1000's of Xanax you will have high rehabilitation bills, however the cost of the energy associated with Xanax and its rehab is still cheaper than any booster such as Can or FHC.

Drug Addiction, Overdosing & Hermetic

Drug addiction is an element in torn you need to get used to. Each time you take a drug you gain varying degrees of drug addiction depending on the drug being taken and whether you overdose (it is generally accepted an overdose will increase the amount of drug addiction received by 200%). Your level of drug addiction has no link to overdose rates. Overdosing is completely random! A Xanax overdose addiction gain is equivalent to taking 3 Xanax in 24 hours.

Hermetic faction perk reduces the amount of drug addiction you receive from taking a drug. The below table shows the maximum Xanax use you can take based on varying Hermetic levels without being kicked from your education course.

Hermetic	Max Xanax	Max Xanax w/ OD
0	10	7
1	10	8
2	11	8
3	12	10
4	13	10
5	14	11
6	16	13
7	17	14
8	19	17
9	22	19
10	26	23

Thanks to Penicillin [1517799] for providing this information. The data is based on the player being a heavy drug user taking 3 Xanax daily.

If your not a hardcore Xanax user, you can take up to 1 Xanax per day without ever needing to rehab (depending on the Hermetic level of your faction).

Gyms

As you train your battle stats in the gym you will gain experience which will enable you to join better gyms for a fee. It is advisable to train your stats in gym/s which provide the best dot gains even if it causes your stats to unbalance. Its important to grow your stats as fast possible to reduce the cost of training.

Gym	Cost to Join	Estimated Energy to unlock next gym	Strength Gains	Speed Gains	Defense Gains	Dexterity Gains	Special Requirements
	\$10	200	2.0	2.0	2.0	2.0	
	\$100	500	2.4	2.4	2.8	2.4	
	\$250	1000	2.8	3.2	3.0	2.8	
	\$500	2000	3.2	3.2	3.2	NA	
	\$1,000	2750	3.4	3.6	3.4	3.2	
	\$2,500	3000	3.4	3.6	3.6	3.8	
	\$5,000	3500	3.7	N/A	3.7	3.7	
	\$10,000	4000	4.0	4.0	4.0	4.0	
	\$50,000	6000	4.8	4.4	4.0	4.2	
	\$100,000	7000	4.4	4.6	4.8	4.4	
	\$250,000	8000	5.0	4.6	5.2	4.6	
	\$500,000	11000	5.0	5.2	5.0	5.0	
	\$1,000,000	12420	5.0	5.4	4.8	5.2	
	\$2,000,000	18000	5.5	5.8	5.5	5.2	
	\$3,000,000	18100	N/A	5.6	5.6	5.8	
	\$5,000,000	24140	6.0	6.0	6.0	6.0	
	\$7,500,000	31260	6.0	6.2	6.4	6.2	
	\$10,000,000	36610	6.6	6.4	6.2	6.2	
	\$15,000,000	46640	6.4	6.6	6.4	6.8	
	\$20,000,000	56520	6.4	6.4	6.8	7.0	
	\$30,000,000	67775	7.0	6.4	6.4	6.8	
	\$50,000,000	84535	7.0	6.4	7.0	6.8	
	\$75,000,000	106305	6.8	7.0	7.0	6.8	
	\$100,000,000	None	7.3	7.3	7.3	7.3	
	\$50,000,000	None	N/A	N/A	7.5	7.5	Cha Cha's unlocked and the total of Defence and Dexterity is 25% higher than the total of Speed and Strength.

	\$50,000,000	None	7.5	7.5	N/A	N/A	Cha Cha's unlocked and the total of Speed and Strength is 25% higher than the total of Defence and Dexterity.
	\$100,000,000	None	8.0	N/A	N/A	N/A	George's unlocked and Strength 25% higher than your second highest stat.
	\$100,000,000	None	N/A	N/A	8.0	N/A	George's unlocked and Defence 25% higher than your second highest stat.
	\$100,000,000	None	N/A	8.0	N/A	N/A	George's unlocked and Speed 25% higher than your second highest stat.
	\$100,000,000	None	N/A	N/A	N/A	8.0	George's unlocked and Dexterity 25% higher than your second highest stat.
	\$500,000,000	None	9.0	9.0	9.0	9.0	Last Round unlocked, and taken a maximum of 50 ecstasy and 50 xanax. Please note you will lose access to this gym if you take ecstasy or xanax whilst this gym is active.
	Approx \$2,140,000,000	None	10.0	10.0	10.0	10.0	Requirements for this gym are unknown
	Free	None	3.4	3.4	3.8	N/A	Be in Jail

Gyms colored in;
■ are lightweight
■ are middleweight
■ are heavyweight
■ are special

Special Gym Ratios

This guide has focused on all aspects of improving training results through various methods and items, but for the next stage of this guide I will talk about the benefits of training in fixed battle stat ratios. By using ratios you can improve your daily stat gains by utilizing multiple special gyms to improve dot gains from 7.3 in Georges to 7.5 in Frontline Fitness/Balboas and 8.0 in the other individual specialist gyms, and whilst not as effective in battle as a balanced build it does allow for quicker stat progression. I think this is particularly important considering battle stats are not capped, and this game doesn't appear to be ending anytime soon this appears to be a very good option for players serious about gaining stats as quickly as possible. Of course for drug free players, this area of the guide is irrelevant as the Sport Science Lab provides 9.0 gains across all 4 battle stats.

If your new to using scripts you will need to install a program to handle the scripts.

Install Greasemonkey if you are using Firefox: [Greasemonkey Addon for Firefox](#)
 Install Tampermonkey if you are using Chrome: [Tampermonkey Extension for Chrome](#)

Then install the Userscript: <https://greasyfork.org/scripts/14778-hank-s-ratio/code/Hank's%20Ratio.user.js>

Hank's Ratio

I have been training using this ratio for over 2 years, and I have several other players using it religiously. For a Xanax user this is the most efficient method of gaining stats from training in the Gym. This ratio can only be used by those people who have unlocked all the heavy weight gyms. It will require you to purchase 2 special gyms, but this investment is well worth it in my opinion. Generally speaking you can start to use when you have between 100-200m total battle stats, but of course you can start adjusting your stats before this to reduce the transitional period.

Essentially this ratio enables you to train 3 different battle stats in special gyms (1 at 8.0 and 2 at 7.5). In order to maintain access to multiple special gyms at the same time for 3 battle stats you need to maintain a very strict ratio. To avoid you having to make manual calculations I have commissioned a userscript to calculate this for you. All you need to do is set your primary stat (I personally prefer Dexterity as my primary stat), but the choice is yours.

Strength 28.72% 539,506,183.94

The damage you make on impact.
25 energy per train
Strength is 28,600,600.684 below the limit.

30 ▲ ▼ TRAIN

Defense 5.99% 112,450,089.78

Your ability to withstand damage.
25 energy per train
Defense is 22,168,275.36 below the limit.

10 ▲ ▼

Speed 27.49% 516,433,623.46

The chance of hitting your opponent.
25 energy per train
Speed is 51,673,161.164 below the limit.

100 ▲ ▼ TRAIN

Dexterity 37.80% 710,133,480.78

Your ability to evade an attack.
25 energy per train
Dexterity is 22,168,275.36 below the limit.

1 ▲ ▼

Hank's Ratio

Select desired specialist build:

- Dexterity specialist (Hank's Ratio) ▼
- No specialty gyms
- Defense and dexterity specialist
- Strength and speed specialist
- Strength specialist (Hank's Ratio)
- Defense specialist (Hank's Ratio)
- Speed specialist (Hank's Ratio)
- Dexterity specialist (Hank's Ratio)

This ratio is the most effective **training method** for a Xanax user. A player with balanced stats with the same total will have an advantage over you in a fight.

Baldr's Ratio

This is probable one of the more common ratios around, and it enables players to have a more balanced battle stat ratio which means you are more effective in battle. The trade off is that you are only training 2 stats in special gyms. You can choose either Strength and Speed or Defense and Dexterity, the choice is yours.

Passive Ways to Increase Stat Gains

- Join a faction with Steadfast upgrade, this may range from 0 to 10. But can increase your training gains by up to 10%
- Complete the Sport Science Bachelor in Education this will increase your training gains by a further 2%
- Live in a property with a pool, this will increase your training gains by a further 2%
- Obtain a pair of Sports Sneakers for a 5% increase in speed gains in the gym (Fair warning, these are not cheap!)
- Get a job in a 10 star Strip Club (10% dex or def) or 10 star fitness center (3% gym gains)
- Use specific gym training [books](#)

Last edited by Hank on 00:59:56 - 10/12/16



Quote

Report

74

2



Posted on 09:29:42 - 30/12/14 (2 years ago)

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Quote

Report

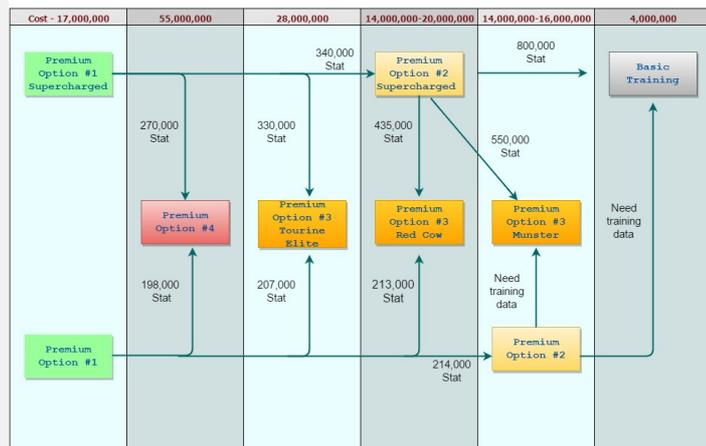
49

0

Hank [1732212]

Status: Civilian
Level: 82
Posts: 2595
Karma: 5105
Last Action: 47 minutes

Training Pathways



The figures above allow a 12% buffer to allow for risk of overdose, and also gym progression penalties associated with stacking using Premium Option #1. The gym your in doesn't affect the best optimum stat amount to switch training methods.

Supercharging Train Results

The term supercharging used in my training methods and flow charts refers to the act of being employed in a 10 star Adult Novelty store. You can only supercharge the training training results for Premium Option #1 and #2 as the company perk at 10 stars doubles the happy of each DVD you watch from 2500 to 5000 happy. Whilst there are other jobs you can join to supercharge training results such as a sweet shop (99,999 happy), I will only refer to supercharging training results by being employed in a 10 star Adult Novelty store, because it can be achieved during every train.

Some players may question whether joining a Fitness Centre or Strip Club is going to be better for their battle stats during the early days, but I can categorically tell that the 3-10% extra gym gains you receive are minute compared to the 60% extra gym gains you would be missing out on by not working in a 10 star adult novelty store.

Company Comparison Table

	Difference by being employed in these jobs	Difference by maintaining access to:
Happy		Happy
Cost		Cost
Stat		Stat

Training Method	Daily Training Results	Fitness Centre	Strip Club	Restaurant	Farm	Game Shop	Pub	Grocery Store	Furniture Store	Army	Class of Frontline Fitness	Rank's Ratio Primary Stat: Strength or Speed	Rank's Ratio Primary Stat: Defense or Dexterity	Daily Training Results
No Xanax	1,598,310	148,040	39,960	76,110	177,590	126,850	76,110	100,090	35,000	27,220	88,430	88,430	1,844,130	
1 Xanax	2,232,560	167,070	55,810	76,110	177,590	126,850	76,110	100,090	35,000	36,940	92,000	92,000	2,502,750	
2 Xanax	2,896,810	190,000	71,670	76,110	177,590	126,850	76,110	100,090	35,000	45,270	103,460	103,460	3,166,360	
2 Xanax, 1 Energy Refill	3,247,380	197,910	81,180	76,110	177,590	126,850	76,110	100,090	35,000	51,270	108,010	108,010	3,573,380	
3 Xanax, 1 Energy Refill	3,881,610	218,550	97,040	76,110	177,590	126,850	76,110	100,090	35,000	61,280	116,610	116,610	4,251,760	
Premium Option #3	4,490,490	234,600	112,280	76,110	177,590	126,850	76,110	172,520	100,090	35,000	73,120	130,200	4,952,820	
Munster Premium Option #3	4,642,710	239,370	116,070	76,110	177,590	126,850	76,110	215,650	100,090	35,000	78,230	131,900	5,163,580	
Premium Option #3	4,704,630	243,940	119,870	76,110	177,590	126,850	76,110	258,770	100,090	35,000	79,340	133,000	5,374,340	
Tourline Elite Premium Option #4	5,403,810	292,010	76,110	177,590	126,850	76,110	100,090	35,000	85,330	212,880	212,880	5,879,870		
Feathery Hotel Coupon Premium Option #4	5,403,810	292,010	135,100						102,000	228,010	228,010	5,818,390		

Assumptions for Company Comparison Above	
Training done at Stat Cap (50,000,000 per stat)	
Georges Gym, plus access to other special gyms as required by respective ratios	
+2% Gym Gains from Education	
+2% Gym Gains from Pool	
5025 Happy	
630 Natural Energy Per day (21 hours worth per day)	
No McSmoogle Benefit Block	
10 Star Company	
Stats trained evenly per ratio (if applicable)	
Steadfast 10 faction (+10% Gym Gains)	
For Premium Option #3 you need to max your booster cooldown on cans, including 2 extra cans for grocery store, or 4 extra cans for restaurant.	
No Energy loss due to overdose, or reduced ability to take expected quantity of drugs per day	
All job points from Restaurant, Farm, Pub, Game Shop must be used for energy conversion, and used training in the gym. All job points from Fitness Centre or Furniture Store must be exchanged for strength	
All Energy spent in the gym - No Energy used on missions, warring, mugging, searching the dump etc.	

Basic Training

Items Requirements



- 3 x Xanax - Cost \$2,640,000
- 25 x Points - Cost \$1,725,000
- Total Cost of Training: \$4,350,000 per day**

With this training method you do not use your daily Booster Cool down timer, so feel free to drink Nerve drinks to work on your crimes, or use Big Boxes of Chocolate or other candy's prior to step 1 to boost the gains.

Step 1: With full Energy Bar, Train all your energy in a single click.

Energy: 150/150 03:13

Step 2: Use a Energy Refill and train all the energy in a single click.

Step 3: Take an Xanax and Train all energy in a single click

Step 4: Throughout the remainder of the day continue to use your natural Energy and take a Xanax when your drug cool down ends.

Optimum Happy using this formula: 5025 Happy

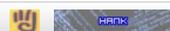
Risk of Overdose: Low (3%)

Drug Cooldown: 6-8 hours

*Number of Drugs before Education Kick: Refer Xanax use table at the start of the guide

*The number of Drugs able to be taken before Education kick reduces for each Overdose (Drug Overdose is said to have the same drug addiction as taking 3 of that kind of drug), however a trip to Switzerland will restore this number back to normal.

Last edited by Hank on 22:45:32 - 11/12/16



Quote

Report

69

0

Posted on 09:29:53 - 30/12/14 (2 years ago)

Training Method Book Boosters

Picture	Book	Benefit	Suggested Training Methods
	Get Hard or Go Home	Increases all gym gains by 20% for 31 days	Any
	Gym Grunting - Shouting to Success	Increases Strength gym gains by 30% for 31 days	Any
	Self Defense in the Workplace	Increases Defense gym gains by 30% for 31 days	Any
	Speed 3 - The Rejected Script	Increases Speed gym gains by 30% for 31 days	Any
	Limbo Lovers 101	Increases Dexterity gym gains by 30% for 31 days	Any
	Ugly Energy	Increases maximum energy and energy refills to 250 for 31 days	Premium Option #4

Hank [1732212]

Status: Civilian

Level: 82

Posts: 2595

Karma: 5105

Last Action: 47 minutes

	Higher Daddy, Higher!	Provides +20% energy regeneration for 31 days	Any other than Premium Option #1
	Self Control is for Losers	Decreases all consumable cooldowns by 50% for 31 days	Premium Option #3, also join a Restaurant
	Fuelling Your Way to Failure	Doubles energy drink effects for 31 days	Premium Option #3, also join a Restaurant
	Ignorance is Bliss is Book	Happiness above maximum does not reset for 31 days	Any (suggest capping Happy at 99,999 first)
	Memories And Mammaries	Takes the same effect from the last used book for 31 days	Use in conjunction with a book listed above for best results

Premium Option #1

Items Requirement

- 3 x Xanax - Cost \$2,640,000



- 5 x Erotic DVD - Cost \$12,500,000



- 1 x Ecstasy - Cost \$70,000



- 25 x Points - Cost \$1,725,000

Total Cost of Training: \$16,935,000 per 30 hours

With this training method you **do use** your daily Booster cool down timer in one train. You also do not use Natural Energy other than the 150 that regenerates after taking an Ecstasy.

Step 1: With a full Energy bar (150 Energy), pop a Xanax. This will give you 400 Energy.

Step 2: After the drug cool down has ended, pop another Xanax increasing my Energy to 650.

Step 3: After the drug cool down has ended, pop another Xanax increasing my Energy to 900.

Step 4: With no drug and booster cool down, and with at least 5 Minutes before the Happy Timer Reset (Happy Resets at Torn time xx:00, xx:15, xx:30, xx:45) watch 5 Erotic DVD's.

Step 5: Pop a Ecstasy Pill, this will double your current happy. (Property + 12500) x 2

Step 6: Train 900 Energy in one go

Step 7: Refill and Train 150 Energy

Hanks Rating on this formula: 90% Effectiveness, this is one of my favourite new player training methods.

Risk of Overdose: High (12%)

Ecstasy Drug Cool down: Up to 4hrs

Xanax Drug Cool down: 6-8 hours

***Number of Drugs before Education Kick:** To be confirmed

*The number of Drugs able to be taken before Education kick reduces for each Overdose (Drug Overdose is said to have the same drug addiction as taking 3 of that kind of drug), however a trip to Switzerland will restore this number back to normal.

This graph is based on a player using Premium Option #1 in Balboa's Gym whilst employed in a 10 star Adult Novelties company. This graph is definitely a best case scenario for this method.

Premium Option #2

Items Requirement

- 3 x Xanax - Cost \$2,640,000



- 4 x Erotic DVD - Cost \$10,000,000



- 25 x Points - Cost \$1,725,000

Total Cost of Training: \$14,365,000 per 24 hours

With this training method you **do use** your daily Booster cool down timer in one train. You also do not waste your Natural Energy throughout the day.

Step 1: With a full Energy bar (150 Energy), watch 4 Erotic DVD's. This will give you 15000 Happy. Train all your energy at once.

Energy: 150/150 03:13

Step 2: Using your points purchase an energy refill (150 Energy). Train all your energy at once.

Step 3: Take a Xanax (250 Energy). Train all your energy at once.

Steps 1-3 form the main train for the day and throughout the remainder of the day you will train with Natural Energy and Xanax when your drug cool down ends without the use of further boosters.

Happy Times Resets at Torn time xx:00, xx:15, xx:30, xx:45, only watch 4 Erotic DVD's and train if you have adequate time to complete the process.

Risk of Overdose: Low (3%) per drug

Xanax Drug Cool down: 6-8 hours

***Number of Drugs before Education Kick:** Refer Xanax use table at the start of the guide

*The number of Drugs able to be taken before Education kick reduces for each Overdose (Drug Overdose is said to have the same drug addiction as taking 3 of that kind of drug), however a trip to Switzerland will restore this number back to normal.

Premium Option #3

Items Requirement

- 3 x Xanax - Cost \$2,640,000



- 12 x Can of Munster - Cost \$14,000,000



- 25 x Points - Cost \$1,725,000

Total Cost of Training: \$18,365,000 per 24 hours

With this training method you **do use** your daily Booster cool down timer in one train. You also do not waste your Natural Energy throughout the day. You can interchange the cans to 25E or 30E cans if you can afford it, this will increase the stat gains.

Step 1: With a full Energy bar (150 Energy), Train all your energy at once.

Energy: 150/150 03:13

Step 2: Using your points purchase an energy refill (150 Energy). Train all your energy at once.

Step 3: Drink 12 Cans of Munster (240 Energy), Train all your energy at once.

Step 4: Take a Xanax (250 Energy), Train all your energy at once.

Steps 1-3 form the main train for the day and throughout the remainder of the day you will train with Natural Energy and Xanax when your drug cool down ends without the use of further boosters.

Optimum Happy using this formula: 5025. One of the problems with using cans to train is the detrimental affect it has on your happy. If you are using this training method daily, you will notice by about day 3, that your happy is around 500 lower than the maximum and it will affect your gains. The cheapest option here to restore the happy is to rehab, however others may choose to use a single FHC on day 3, as this will boost your happy by 500, and refill your energy bar to 150.

Hanks Rating on this formula: If you got very deep pockets this formula will get your battle stats increasing very. I only recommend Premium Option #3 when you can afford a particular training method long term!

Training Method	Increased daily train gains in comparison to Basic Training
Premium Option #3 (Munster)	13.8%
Premium Option #3 (Red Cow)	16.6%
Premium Option #3 (Tourine Elite)	19.3%

Risk of Overdose: Low (3%) per drug

Xanax Drug Cool down: 6-8 hours

***Number of Drugs before Education Kick:** Refer Xanax use table at the start of the guide

*The number of Drugs able to be taken before Education kick reduces for each Overdose (Drug Overdose is said to have the same drug addiction as taking 3 of that kind of drug), however a trip to Switzerland will restore this number back to normal.

Are maxing your booster cool down daily on cans, but cannot afford Premium Option #4?

You should join [10 star Restaurant](#) and use 16 cans daily. The difference in training results in significant over time, and provides greater gains overall than any other job at stat cap (including Strip Clubs, and Fitness Centers).

Premium Option #4

Items Requirement



- 3 x Xanax - Cost \$2,640,000



- 4 x Feathery Hotel Coupons - Cost \$50,000,000

- 25 x Points - Cost \$1,725,000

Total Cost of Training: \$54,500,000 per 24 hours

With this training method you **do use** your daily Booster cool down timer in one train. You also do not waste your Natural Energy throughout the day.

Step 1: With a full Energy bar (150 Energy), Train all your energy at once.

Energy: 150/150 03:13

Step 2: Use 1 Feathery Hotel Coupons (150 Energy Each), training all your energy after using one coupon.

Repeat this until your booster cool down is maxed.

Energy: 150/150 03:13

Step 3: Using your points purchase an energy refill (150 Energy). Train all your energy at once.

Energy: 150/150 03:13

Step 4: Take a Xanax (250 Energy), Train all your energy at once.

Steps 1-3 form the main train for the day and throughout the remainder of the day you will train with Natural Energy and Xanax when your drug cool down ends without the use of further boosters.

Optimum Happy using this formula: 5025

Hanks Rating on this formula: If you got very deep pockets this formula will get you climbing the HOF battle stat rankings very quickly. I only recommend Premium Option #4 when you can afford a particular training method long term!

Training Method	Increased daily train gains in comparison to Basic Training
Premium Option #3 (Munster)	13.8%
Premium Option #3 (Red Cow)	16.6%
Premium Option #3 (Tourine Elite)	19.3%
Premium Option #4	28-29%

Risk of Overdose: Low (3%) per drug

Xanax Drug Cool down: 6-8 hours

***Number of Drugs before Education Kick:** Refer Xanax use table at the start of the guide

*The number of Drugs able to be taken before Education kick reduces for each Overdose (Drug Overdose is said to have the same drug addiction as taking 3 of that kind of drug), however a trip to Switzerland will restore this number back to normal.

What is my ideal job for improved stat gain?

It is advisable if you are using this training formula daily that you also join a company to boost these gains. If you are using Hank's Ratio and have a primary stat as defense or dexterity you should join the appropriate 10 star [Ladies Strip Club](#) or [Gents Strip Club](#). For all other stat builds please join a [10 Star fitness center](#).

When are Stat Enhancers cost effective?

This is dependent on a few factors, that is the stat your training, the gym you use to train that stat and the training perks of your job. These stats assume you are in a receive +14% gym gains (from education, faction and property) and live in a 5025 happy PI (or similar). The numbers below refer to the stat amount you will need to for ONE Stat Enhancer (valued at 450m, and being Boxing Gloves, Dumb Bells, Skateboard or Parachute) to be equivalent to the same value of FHC's, eg the point where using a Stat Enhancer is going to be more beneficial than FHC Training (Premium Option #4).

Remember if you find this guide to be useful then give it a thumbs up!

Quote

Report

49

0



Majsan [843586]

Status: Civilian
Level: 84
Posts: 2519
Karma: 1353
Last Action: 3 hours

Quote Report 24 likes 1 comment

Posted on 10:04:34 - 30/12/14 (2 years ago)

Nice 1 Hank. Will be easier than ever for the nubs, which is good. We need strong new blood in this game. It took me at least a year to understand anything in torn. Wish this guide was there when I started. Rate +



Butters [34298]

Status: Civilian
Level: 80
Posts: 9919
Karma: 4221
Last Action: 1 minute

Quote Report 3 likes 0 comment

Posted on 10:14:14 - 30/12/14 (2 years ago)

Excellent guide as I mentioned earlier - great job Hank. R+ :)

Last edited by Butters on 10:15:00 - 30/12/14

I like apples doo doo doo...

LethalKiss [1801948]

Status: Civilian
Level: 50
Posts: 1100
Karma: 666
Last Action: 2 minutes

Quote Report 4 likes 0 comment

Posted on 06:21:45 - 31/12/14 (2 years ago)

Fantastic.
R +
^_^



IHaveAName [324963]

Status: Civilian
Level: 38
Posts: 60
Karma: 5
Last Action: 1 year

Quote Report 4 likes 0 comment

Posted on 12:18:56 - 31/12/14 (2 years ago)

Amazing guide! What is the formula that you used to calculate gym gains?

Suggestions:
[A quicker way to buy items from Bazaar](#)
Selling 5* Cloth Store and 7* Gas Station:
<http://www.torn.com/joblist.php?p=corpinfo&ID=61263><http://www.torn.com/joblist.php?p=corpinfo&ID=53614>

Hank [1732212]

Status: Civilian
Level: 82
Posts: 2595
Karma: 5105
Last Action: 47 minutes

Quote Report 5 likes 0 comment

Posted on 13:39:21 - 31/12/14 (2 years ago)

[IHaveAName \[324963\]](#)
Amazing guide! What is the formula that you used to calculate gym gains?

Alot of the numbers were actual gains.

I do have a stat gain formula that a member came up with, but its not mine to publish on the forums and probable needs a little tweaking.

Hank



Stoic [325119]

Status: Civilian
Level: 65
Posts: 2764
Karma: 462
Last Action: 8 days

Quote Report 0 likes 1 comment

Posted on 14:11:04 - 31/12/14 (2 years ago)

[IHaveAName \[324963\]](#)
Amazing guide! What is the formula that you used to calculate gym gains?

[Hank \[1732212\]](#)
Alot of the numbers were actual gains.

I do have a stat gain formula that a member came up with, but its not mine to publish on the forums and probable needs a little tweaking.

hmm... I remember seeing a formula somewhere here in the forums or perhaps it was in the wiki. It is pity that I can't share it, I would have tried to make a calculator out of it.

Last edited by Stoic on 14:11:18 - 31/12/14

BraveKath [1815519]

Status: Civilian
Level: 65
Posts: 2764
Karma: 462
Last Action: 8 days

Quote Report 16 likes 1 comment

Posted on 09:50:46 - 01/01/15 (2 years ago)

I realized when I joined Calculating the true value of training hard, and understood the various options. I didn't start out using the most costly training method and instead just did the budget daily, then added in one Premium #1 a week, then two and so on until I was doing okay financially. So when anyone reads this, don't be dismayed because you can't do the best training – just train the best you can within your budget and work to

Status: Civilian
Level: 73
Posts: 2646
Karma: 2031
Last Action: 2 minutes

improve your cash flow to improve the level of your training. You'll be quite pleased with the results.
I'm glad Hank has put this out here beyond the Calc portals.

Kath



Quote

Report

4

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Posted on 10:29:22 - 01/01/15 (2 years ago)

Thanks for the excellent guide.
One question - am I really better training 5 or 10 e at a time rather than the whole 150 at once? Does the incremental gain outweigh the loss of happy after each train?

JimmyC [1870725]

Status: Civilian
Level: 54
Posts: 394
Karma: 228
Last Action: 2 hours



Quote

Report

8

0



Posted on 10:38:23 - 01/01/15 (2 years ago)

[JimmyC \[1870725\]](#)

Thanks for the excellent guide.
One question - am I really better training 5 or 10 e at a time rather than the whole 150 at once? Does the incremental gain outweigh the loss of happy after each train?

Hank [1732212]

Status: Civilian
Level: 82
Posts: 2595
Karma: 5105
Last Action: 47 minutes

No, the smaller incremental trains no longer provides an increasing benefit as your stats increase.

Hank

Last edited by Hank on 23:26:42 - 01/04/16

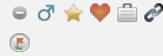


Quote

Report

2

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Posted on 13:55:00 - 01/01/15 (2 years ago)

Absolutely crazy, well done Hank, well done.

Doublelift [60043]

Status: Civilian
Level: 75
Posts: 3278
Karma: 458
Last Action: 4 hours

Selling spy reports PM me!

**Latest perk;
Coin set: + 3% Gym Gains**



Quote

Report

1

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Posted on 16:22:52 - 01/01/15 (2 years ago)

+ for that mate, exactly what I wished for! excellent guide thanks a lot for all the work done on it! One note - Premium option #2 is exactly the same as standard option 1? Also, any tips for using a fitness center? I'm in one now saving points as it gets me a little income and I get trains which I don't in the army. I'll go there once I can be a general. But there's a lot of info on using the army but not a fitness center, hope you can shed some light on it for me.Thanks again

Last edited by kin0 on 16:32:03 - 01/01/15

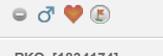


Quote

Report

1

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Posted on 18:31:45 - 01/01/15 (2 years ago)

R+
Great job!

Get ready for an RKO Outta Nowhere!!!!

-RKO- [1834174]

Status: Civilian
Level: 32
Posts: 1900
Karma: 239
Last Action: 2 months



Quote

Report

2

0



Posted on 20:31:56 - 01/01/15 (2 years ago)

so much info :o
i feel dizzy

-City_reaper- [1834405]

Status: Civilian
Level: 40
Posts: 685
Karma: 124
Last Action: 8 hours

WE ARE WATCHING YOU  



Quote

Report

4

0



Posted on 22:35:49 - 01/01/15 (2 years ago)

[kin0 \[1858750\]](#)

+ for that mate, exactly what I wished for! excellent guide thanks a lot for all the work done on it! One note - Premium option #2 is exactly the same as standard option 1? Also, any tips for using a fitness center? I'm in

Hank [1732212]

Status: Civilian
Level: 82
Posts: 2595
Karma: 5105
Last Action: 47 minutes

one now saving points as it gets me a little income and I get trains which I don't in the army, I'll go there once I can be a general. But there's a lot of info on using the army but not a fitness center, hope you can shed

The only difference between them is the stat range suggested its used with. I've done this guide in a way where budget, standard and premium are different pathways players can choose.

Hank

Last edited by Hank on 22:36:14 - 01/01/15



RAZZA [1841988] Quote Report 1 0

♀ ☆ ❤️ 📄 🔗

Posted on 22:57:55 - 01/01/15 (2 years ago)

Great guide hank it's helped me and paved the way for my stats, rated + and keep up the good work!

Razza [1841988]
Status: Civilian
Level: 75
Posts: 1422
Karma: 1476
Last Action: 1 hour



LEVI [1861836] Quote Report 3 0

♀ ☆ ❤️ 📄 🔗

Posted on 10:54:05 - 02/01/15 (2 years ago)

Good stuff this will surely help me when i'm ready to start some hard core training

Levi [1861836]
Status: Civilian
Level: 47
Posts: 113
Karma: 8
Last Action: 14 minutes

JFA [1517799] Quote Report 1 0

♂ ☆ ✕ 🏆 ❤️ 📄 🔗

Posted on 12:44:39 - 02/01/15 (2 years ago)

Rated +

Nice guide and thx for proper mention on that table

Penicillin [1517799]
Status: Civilian
Level: 93
Posts: 5320
Karma: 4093
Last Action: 41 minutes