



In the mid-late game Lissandra becomes annoying on the splitpush because she can clear waves really easily. In the mid-late game zac becomes very tanky and can disengage a dive, but his cooldowns are long so you might be able to reengage the dive after walking out of turret range if you managed to keep your ultimate up. Merc Treads is a good purchase against twisted fate and/or you can get a QSS for allins later in the game. The only time spinning into Fiora while she has her W up is if you dodge it or if shes just so low that basically one auto kills her Fiora's W however has a REALLY long cooldown (24 seconds level 1) so if she uses it and doesn't get a good trade on you, then you need to look for a spot to trade with her (usually right after she q's.)When you want to dive Fiora try to attack her and burn her W, then spin out of turret range, then reengage the dive while her W is on cooldown. If you commit to a full on all in make sure you are ready to spin/flash/walkthru his w or it will wreck you. Yasuo has very strong level 1 and 2 allins so if you take too much damage level 1 building up fury, let him push you in, sustain back up so you can fight him when you hit level 4. Lulu has good poke but is extremely squishy. You can ult even if you are silenced so dont worry about that. Longsword refillable potion start. Look to catch him outside of his turret range for allins or if he is just sitting under turret farming, look to hit the turret while tanking his damage and ignoring him, or you can look to flank his team while he is farming under turret though so if you can't kill her then shove her in make her use mana to farm then kill her when she goes out of mana. Mid - late game split push against Syndra you should win pretty easily especially if you have summoners to flash her E stun or if you hit your W slow. Try to let Udyr push you in early game so that you can farm and get experience from the safety of your turret. Don't let the minion wave get too big or he will press E and hard shove the wave. Help Center How to win EVERY Game as Tryndamere in Season 12! Tryndamere Guide - League of Legends --- ✓ Watch me on Twitch! ► ---- ✓ Subscribe to me for more content! ►foggedftw2: -- ✓ Follow me on Twitter! ► —– Join my discord server! >discord.gg/foggedftw2 Fighter Get everything you need for Tryndamere Top. Head to lane at the very start of the game and make sure heimer doesnt set up his turrets in lane, and also make sure he doesnt cheese your jungle buff level 1 either. After about 2 items you have outscaled mordekaiser and will beat him 1v1 on the splitpush for the mid-late game. If Poppy is a part of teamfights, make sure that you look to focus carries that are not close to Poppy or wait for Poppy to blow her cooldowns before engaging. After level 6, Tryndamere can win an allin with yasuo by sticking on to him, after he uses ultimate, Yasuo must look to try to kite with his knockup and dashing through your minions. "Major Lethal Tempo Runes and Build. Rumble has very strong pressure on Tryndamere early game, but will struggle heavily in duels later in the game. You purely look to farm and that is it. Doing this will force kogmaw to overextend to get farm. Long sword refillable start. After level 3 what Vi will look to do is poke you with her e and when you spin on her she will disengage by q'ing you auto attacking and resetting auto attack with e for her 3 hit combo to proc her w passive. If you are losing the splitpush, look to force jax to come to you in the sidelane and look to make a rotation towards your team. Post level 6, Cass can stun you will be slowed instead which can sometimes get you a kill (must have good reaction time.) If you fall behind against Cass look to farm as best as possible and soak exp, keep yourself high enough hp where you can help your jungler kill her if he decides to gank. Cho'gath has high sustain and a 7 second crowd control knockup in a circle ace. Sylas can only heal with his W on champions so if you ignite him and run away you can actually just kill him with ignite since he cant heal thru it like tryndamere can with trynd Q. If you want, you can take tiamat to put a bunch of pressure onto nasus and you can the auto attack + spin out trades (if you do it perfectly you don't take a turret shot.) Don't use your tiamat on the auto attack + spin out, instead after you spin out walk back in and press tiamat and damage him and walk out before you take turret aggro. Biggest thing about this matchup is dodging her W, if that is down and your spin is up then you can kill her pretty easily. If you take ignite you can kill her pretty easily. If you take turret aggro. Biggest thing about this matchup is dodging her W, if that is down and your spin is up then you can kill her pretty easily. If you take ignite you can kill her pretty easily. counter diana's burst with your ultimate post 6, A good diana will try to burst you of your ultimate and then use her dash on a minion to kite you out so the best thing you can do is force her to commit all of her abilities into you to burn your ultimate. A lot of this matchup as well is dodging his q so make sure while you are trading with him that you sidestep his knockup. If Master Yi has rageblade however, make sure that you arent fighting him while his rageblade is fully stacked. Once you have tier two boots and tiamat there will be plenty of times to all in him. If Trundle is chasing you down try just walking away from him and save your spin for when he pillars you. Her W is a 50% physical damage reduction channel but only lasts 2 seconds. The highest win rate Tryndamere build, rune set, items and skill order directly into your game client. Taking out his barrels that way or straight up just walking up and hitting it before he does can help you significantly to win this matchup. when she procs her shield early (even try to bait it out) then trade after the shield expires. You need to try and bait out his phase rush is down you can look for a solid trade. Post 6 Sylas can steal your ultimate making it harder to dive/allin him HOWEVER, what you can do is force sylas into taking your ultimate and wait out the cooldown of the ultimate (he cant resteal your ultimate for double your ultimate duration) and then all in him. She can get really tanky but for the most part if you look to take extended trades you will win against her. Be very careful about his sword positioning, if he pulls it through you he can get a lot of extra bonus damage and attack speed against you for a solid trade. Look to farm up and sustain with your fleet, second wind, revitalize, q, and dorans shield healing until you get enough for tiamat. You want extended trades vs yorick, look to start every trade with an auto attack so you can save your spin to extend the trade. Quinn has strong poke and strong disengage. Viktor has really good poke but your base stats are higher then his level one. Look to get level 2 and look for a trade with him as soon as you hit your base stats are higher then his level one. Look to get level 2 and look for a trade with him as soon as you hit your base stats are higher then his level one. Look to get level 2 and look for a trade with him as soon as you hit your base stats are higher then his level one. Look to get level 2 and look for a trade with him as soon as you hit your base stats are higher then his level one. Look to get level 2 and look for a trade with him as soon as you hit your base stats are higher then his level one. 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Look to get level 2 and look for a trade with him as soon as you hit your base stats are higher then his level one. Look to get level 2 and look for a trade with him as soon as you hit your base stats are higher then hig browsers in our Help Center. Usually 1v1's against Fiora will be risky unless you are ahead in items (and have your ignite available) so usually you will push her in and rotate to flank her team (fiora isnt a great teamfighter compared to tryndamere) Major Lethal Tempo Runes and Build. Tryndamere Top Summoner SpellsPick RateWin Rate78.60%8,24849.77%10.46%1,09852.82%Pick RateWin RateQEWSKill OrderEQQWQRQEQEREEWW29.32%1,62958.01%Tryndamere Top Item BuildPick RateWin Rate 77.32%7,94250.04%13.93%1,43153.39%11.71%58552.65%7.90%39560.51%7.26%36350.69%6.72%33655.95%5.28%26454.17%91.84%9,44450.54%3.07%31645.57%2.92%30051%Tryndamere Top RunesPick Rate 35.28%3,702Win Rate 49.51%Pick Rate 11.44%1,200Win Rate 51.42% Tryndamere Góra Zaklęcia wywoływacza Pick Rate Win Rate 49.51%Pick Rate 35.28%3,702Win Rate 49.51%Pick Rate 35.28\%3,702Win Rate 49.51\%Pick Rate 35.28\%3,702Win Rate 35.28 Rate78.60%8,24849.77%10.46%1,09852.82%Pick RateWin RateQEWSKill OrderEQQWQRQEQEREEWW29.32%1,62958.01%Tryndamere Góra Wersje przedmiotuPick RateWin Rate 77.32%7,94250.04%13.93%1,43153.39%11.71%58552.65%7.90%39560.51%7.26%36350.69%6.72%33655.95%5.28%26454.17%91.84%9,44450.54%3.07%31645.57%2.92%30051%Tryndamere Góra RunyPick Rate 35.28%3,702Win Rate 49.51%Pick Rate 11.44%1,200Win Rate 51.42% We've detected that JavaScript is disabled in this browser. She has really good poke damage, can kite really well, has invisibility, has a really long snare and because of her elusiveness its hard to even ask for jungle ganks unless your jungle has really good crowd control. His W gives him increased healing, movement speed, and a bunch of attack speed. Win the matchup by taking short trades into an allin. Be looking to always set up ganks/dives for your jungler to easily take. One thing you should pay attention to though is his grit stacks. In the mid-late game you can win against yasuo away from minions although in your minion wave if he is even with you, he can fight you well. Once you get 6 however, she cannot stop your allin against her and you basically just run her down. To force an extended trade, try to start off every trade with an auto attack that way you can save your spin to stick on top of him when he slows you and q's away. When you dive a Maokai after getting him low enough, make sure that you save your spin to stick onto him rather then just for damage. Tryndamere has really good sustain too so the Galio wont be able to poke you down enough with his Q. Be sure to pay attention when Corki backs for package so that you can either pressure when he roams or follow him up on his roam. In the mid-late game Tryndamere outscales Yorick heavily in the 1v1 as long as you can manage to stick to yorick. Tryndamere with the sustain from fleet resolve can stay high hp so that pyke cant go in for a burst combo. To win against annie top, you need to look to farm taking as little damage as possible. You can cleanse the bubble as soon as it hits you before you even fall asleep. She stacks both very quickly and can burst you down and use your own minion wave to kite you. Corki is ranged so he has some decent poke early, but not enough where tryndamere's sustain can't handle it. The way to beat ekko is to force small trades as he waveclears and then outsustain him so that you can burst him down with ignite once he falls to low hp. Ezreal has good poke early and is a ranged matchup so make sure you are using the lane brushes to hide your champion so he cant auto you or sit behind minions so he cant Q you to avoid damage. The way you win post 6 is by forcing kindred to ult before you have 5 seconds to kill her after her ult ends. Try to let tahm kench push you in always, if the wave is starting to push towards him that is bad. A big part of the matchup is looking to dodge his abilities so make sure you keep your mouse cursor close to your champion so you can make small quick movements to move side to side. Really good items to start out with against Sylas especially if you are ahead is tiamat into executioners so you can proc the grievous wounds from the tiamat ace range, and that way you dont have to ignite for grievous in the all in, u can instead ignite for the kill 2 seconds after he uses your ultimate that he stole from you. Look to use the top lane bushes to hide your character while you are waiting for the minions to get low enough to kill. Tryndamere's spin is a 12 second cooldown, meanwhile jax's counterstrike cooldown is 16 seconds level 1. Mordekaiser has really good damage early, but our all in is just slightly better. If Ahri is running the glacial augment build with twin shadows and GLP what you need to do if you are forced to split against her is shove her in to her turret and out rotate her while she is killing the minions. Start off all trades with xin with an auto attack that way you can save your spin to stick onto him. If the enemy team has a lot of slows, swifty boots are a great option for sticking onto rumble in the 1v1 because of his big slows on his harpoons and ultimate. In the mid-late game sejuani can be difficult to dive but you can shove her in constantly and either get turret damage or look for opportunities to outrotate sejuani for a flank on the enemy team. Usually if you hit your w slow she cannot kite you out. Blitzcrank in a solo lane does not have waveclear. If you want to dive renekton you have to prepare him with short trades (auto attack + spin out) under his turret until he gets about 2/3 hp and even then it can be risky. Tryndamere will outscale Karma in the 1v1 going into the mid-late game with about 2-3 items. Poppy is tanky but does not have sustain. The way you can beat Brand is by punishing his cooldowns by trading when he misses OR outsustaining his mana pool. In the mid-late game, Veigar can be hard to dive if he holds on to his cage and has zhonya, but look to push him in and outrotate him, or buy a qss to bypass his cage stun. What garen will do is set up his grasp and then q you. Sylas has really good all in after his playful trickster is down (his hop.) Fizz's E has a 16 second cooldown level 1, so when its down you have a lot of time to work with to get an all in. Your best bet in this matchup is to look to farm up as much as possible get your tiamat, and just scale up. Kalista can stack up a lot of damage on you with her spears to burst you at once. Look to let vayne push you in, use the bushes top lane to avoid auto attacks while you are waiting for minions to get low to farm. Make sure that every time you shove Shen in that you are doing 1 of these 3 things, make sure you are looking for trade damage on Shen, make sure you are look to take enemy jungle camps when you can. I have sometimes built a randuins as a 6th item. Look to dodge his q's while you build up fury level one and if you dodge enough you can look for trades level 1 and level 2 assuming that you get level 2 first. Fiora's W when it hits you will reduce 50% of your vital and disengage and there isnt much you can do about it. If Kennen has no phase rush, you can use ghost + flash to run the kennen down the lane if they stun you. When dueling an Aurelion Sol on the splitpush in the mid-late game, their combo is going to be a q+R to disengage you, however if they didnt burst your hp bar and force you to ult you should be able to all in when your spin comes back up. Ornn has really good early damage and it is very hard to take successful trades into him whether its an extended trades versus him, and if you are all inning him pre-6 make sure you ignite him to reduce his healing on his W. Gragas has pretty good sustain and can deny any kind of all in opportunities with his body slam which is really good disengage. When wukong clones, make sure to keep a timer on it in your head because it is a 20 second cooldown early on. One really good tip I have discovered from playing this matchup a lot is that gangplank will usually put down a barrel below him to disengage from you if you spin on him, but what you can do is walk inside the barrel range to bait him to try to auto or q it, then you walk right back out before it explodes. One exception to this is maybe something like glacial augment quinn with blade of the ruined king ghost blade cleaver shojin or something ridiculous that makes her able to fight you (but then it also makes her useless in literally every other situation.) So if you do run into that kind of quinn who built solely to kite you out in a 1v1, just look to group and she will be useless. Quinn and Tryndamere can lower the cooldown of his spin with crits on champions or minions. In the mid-late game zilean holds the wave and prevents dives on him with his ultimate really well, look to rotate away from him after shoving him in and try to kill his team. You can beat camille with your sustain advantage with your fleet + dorans shield healing + Q. Your sustained damage is better, zed is looking to burst you and kite, so if you can manage a w slow and engage on him with his w down that is your ideal fight. Use your superior mobility to outmaneuver her. Another big part of the matchup is when both characters hit 6, Tryndameres ult is a 110 second cooldown at level 1 has a 160 second cooldown. Draven has VERY good early damage and can put a lot of pressure on. Basically put your team in a position to win before he hits his powerspike. Sett will beat you early levels but you will outscale him in the 1v1. If vlad is hugging turret, look to shove him in and rotate into jungle camps, placing deep wards, or looking to flank his team while he is covering the wave. In the mid-late game splitpush keep in mind that Lucian does have a strong disengage with his w into ultimate so if you are able to burn his ultimate cooldown without using yours, you will have a good time beating him up afterwards. Just like most adc's top, its all about knowing how to take as little damage as possible early game and getting good farm under turret. Sivir top has no way to escape your all in, she gains a bit of movespeed on each auto and her boomerang, but that usually isnt enough to prevent your all in. Early on in the game will be a struggle but post 6 with ghost+flash you can run her down. He has a hard time dealing with tryndamere 1v1 once the tryndamere has items. Just be careful if you fall below 1/3 hp that you look to sustain back up before walking up. If you feel like you are sticking onto the rumble pretty well though you can just run berzerker greaves. Tips with w slow against orianna is to try to time the slow in between her auto attacks where she faces away from us to kite. Look to get the 2nd wave into turret before the third wave comes up then allow the wave to shove back towards you, depending on your trades early on will determine if you trade incorrectly with him and into his q while stacked up. Look to force longer trades by fighting him away from walls where he can hop over. It is extremely difficult to dive Sylas under his turret because of his ability to steal your ultimate or you would have to force him to use ultimate before you have to burst him before he uses your ultimate or you would have to force him to use ultimate before you have to burst him before he uses your ultimate or you would have to force him to use ultimate before you have to burst him before he Aatrox matchup is about setting up really good allins to take advantage of our superior sustained damage. Jax is a matchup that you MUST get an advantage on early game if you want to have good impact on the splitpush. Bruiser leona top has decent damage but just not enough to take down tryndamere during an allin. Ignite + Flash or Ghost + Flash. In the mid-late game splitpush she cannot handle you 1v1 so just dive her 100-0 if she holds turret by herself. His E will get caught on the 3 ranged minions. However he can be hard to dive at 100% HP just because of his ulti healing and zhonya, so if he is hugging turret hard use your mobility to take jungle camps or look for an opportunity to roam in between waves. Ryze has really good waveclear and damage once he completes his tear and can do very well in trades vs you. Your sustain with the setup is too much and as long as you dont let your health drop too low he wont find opportunities to burst you. Also predicting when and where he will cast abilities can help you dodge his skillshots too. So again make sure that if a kled is employing that strategy that you have enough damage to burst him so he cant remount during the allin. Ignite+flash. The reason why grasp is so good into this matchup is that you can get VERY good short trades and have a huge amount of sustain. If you are playing against aurelion sol in the top lane, then you can look for all in trades if the wave is ever on your character in between auto attacks to stay between maokai and his escape path (usually his turret.) Maokai wants to take short trades with you, but Tryndamere wants the long trades. One tip against Quinn that is useful is regarding her E cooldown. If nocturne commits to you after his fear goes off and doesnt disengage, this can be a good time to look for an all in on him. Nidalee is a ranged champion that can poke you down and use the brush for extra movespeed to kite you. Early levels though Udyr does not have a good mana pool to work with so he can run out of mana very quickly if he swaps stances too much. Lux has really good disengage with her q but if you spin towards her and then immediately juke to the side, sometimes you can dodge her q which will allow you to get a solid trade on her. Look to shove in, force him to rotate towards your lane, then rotate away towards jungle camps, placing wards, or looking to swap lanes or flank the enemy team. In the mid-late game you can fight Udyr outside his turret but he is very hard to dive 100-0 even with items. If you are behind in the mid-late game against him you need to look to use your superior mobility to make moves around him, but don't directly confront him 1v1 or he will drop D cane on you. In the mid-late game you outscale Kled really hard and can even 100-0 him under his turret once you are 4-5 items. Use your sustain from the runes setup to help you get through her early poke. You can look for trades if you kept your health high and you are level 4-5 items. with minion advantage while pushing towards vayne. Corki can't handle tryndamere 1v1 in the mid-late game. A good time to trade in this matchup is if she uses her q to farm and she is far up in lane where you can punish the Q cooldown, or once you get tiamat you can force her to use mana to disengage after you spin into her and then you back off and sustain. WARNING! Do not get baited by her egg is a 4 minute cooldown. When you get a little bit of damage with tiamat, you can start taking really good short trade = spin in auto attack + tiamat then he will probably dash away.) If you burn his E and can't follow up on him immediately, look to hit minions to reset your spin cooldown so you can spin on the ezreal before he gets his dash back up. Be careful not to trade below half hp because he can look to burst you and take away your ultimate which takes away your kill pressure. Maokai usually won't have enough damage to threaten a 1v1 solo kill against tryndamere. If you wanted to opt into a tiamat with the lethal tempo runes this could heavily punish his lack of waveclear. A good time to take a trade with trundle is when his W is on cooldown. If you cannot dive maokai, use your mobility to outrotate him and look for spots to flank his team after pushing him in. Your ultimate counters her burst and she is very squishy so if you can stick onto her you will be able to win in a 1v1. In the mid-late game splitpush, Shyvana cannot handle Tryndamere 1v1 just because Tryndamere sticks way too well to targets with the W slow and the cooldown on his spin. Ignite + Flash Long sword refillable potion start. In the mid-late game split push, if you don't think you can dive heimer then look to push him in and use your superior mobility to outrotate him on the map and potentially flank his team while he is holding the wave. Dorans shield start, You have the option to take Legend: Tenacity in this matchup instead of alacrity. In mid-late game teamfights, try to find where twitch will be ambushing from and look to focus him down first. Critting yorick's wall reduces your spin cooldown. Tiny If they play nunu top they are trolling. Always start a dive off with an auto attack if its possible that way you can save your spin to better stick onto your opponent. Taliyah's Q will fire multiple times in areas where there isnt the "worked ground" which is a red circle on the ground. Usually you need tiamat + zerkers to stand a chance against him in a 1v1 all in just because of his disengage with his E. Look to hold the wave on your side of the lane to run him down. Post 6 You will win every allin as long as you start the allin with close to full fury and 90% or more hp. Brand has a lot of damage and can kite you with his 1.5 second stun on his Q. To beat Quinn consistently, farm up for a bit of damage + tier 2 boots (you can wait for full essence reaver completion too), use ghost to force Quinn's e then follow up on her with your spin, when she flashes you follow up with flash. Against Azir it is mostly a farm matchup. As far as deciding between ghost or ignite, be honest with yourself. Even Lethal Tempo runes and Build. Rengar top will naturally push towards you because he will try to stack up his passive to put pressure on you. When you look to trade with him try to dodge his abilities while fighting and that will improve your odds of winning an allin significantly. Or can you get successful allins because they waste their cooldowns going into you so you can use nimbus cloak from ignite to stick to them. In side lanes when you are splitting be careful of akali in the mid-game look to split/fight away from her. So pay attention when her blade lights up (signalling that her empowered auto from her blade lights up (signalling that her empowered auto from her. So pay attention when her blade lights up (signalling that her empowered auto from her blade lights up (signalling you want to get him down to atleast half before committing to an all in. It is hard to look for trades on a Morgana because she will always save her bind for when you can trade with her level 1. If your win condition is beating a 5-6 item Diana in the splitpush in the late game, then you might have to build an Magic resist item (I have sometimes built spirit visage, or maw) but a lot of the time you can get away with lifesteal from a deaths dance. Cassiopeia especially with phase rush can be a huge bully to Tryndamere in the top lane and can also deal huge damage in a short period of time however she does have a set of weaknesses that allow a melee character like tryndamere to kill her. We should be able to 1v1 orianna outside of her turret range, but under turret she has enough crowd control to kite us to our death (and dont forget to check to see if she has enough crowd control to kite us to our death (and dont forget to check to see if she has enough crowd control to kite us to our death (and dont forget to check to see if she has zhonya/stopwatch!) Orianna is immobile so if we feel we cannot dive her after shoving in then we can look to rotate and look for opportunities to flank with a man advantage. A big opportunity to all in Olaf is if he throws an axe pretty far away from himself, if you spin on him and look to all in, he cant run towards his axe to reset his q cooldown which gives you a great advantage. Look to avoid damage in any way possible so make sure that you position well against him either by hiding in the brush while waiting for minions to farm or hanging back behind your ranged minions. Having the wave pushing towards Olaf is typically bad. Blitzcrank will have a hard time farming under turret. Mid-late game if you are splitting against an Azir and you cannot dive him, look to shove him in and outrotate him. When using your W just remember that she will turn her back towards you when she uses her riposte or if she wants to turn and slow you down with her e auto attack reset. Ghost+ Flash. In the mid-late game split push this is where khazix can catch you out. Try to hit level 4 as long as you didnt take too much damage holding the position of the wave close to your turret you can look for an allin yourself OR you can set up easy ganks for your jungler. Karthus q's are really annoying early but he is gated by his mana pool, so if you dodge enough of his q's he will eventually not have enough mana to fight you and you can all in and win. There can be spots to all in an anivia, but first you must get some good short trades into her where you force resources out of her. First punish point for Cass is that she will have mana issues before her first back, if you are able to dodge enough of her q's in lane or you take a big trade with her she expends her mana and does not kill you and you sustain back up, you can find an opportunity to fight her. If he runs low on mana to the point where he can't do his full combo you can look to all in or get a big trade atleast. In the mid-late game you will win the 1v1 against quinn because of his CC that is very easy to hit. If Udyr trades into you early you can fight him within your minion wave but make sure to kite back while autoing in case you need to disengage. When using your W slow keep in mind that Karma will turn back to face you when she auto attacks, uses her q, or uses her w. Get level two first and shove in the wave so that it pushes back against you, then you can look for a level 4 all in when the wave is on your side of the lane. Ekko in the mid-late game can be pretty tough on the splitpush especially if he gets ahead, consider getting a Magic resist item if your win condition is winning the 1v1 against him when you are both 5-6 items. If you are losing, look to push out waves and rotate to other waves, jungle camps, or flank opportunities. Sejuani can play the lane fairly safe, but also cannot stop you from farming well. Remember that her traps will actually stop your spin, so dont try to spin through her traps. If you misplay a trade though and you get behind, look to soak experience and get whatever farm you can get. Are the riven players at your elo kiting you enough to the point you need the ghost? Qiyana can be very elusive with her abilities in general and has strong damage however fighting her in the center of lane is your best bet, take small trades when she doesnt have the invisibility (she must w towards a brush to get the invisibility, the w is on a 7 second cooldown.) Mid-late game split push Tryndamere still has mobility advantage but he struggles dueling vs giyana due to her high damage and elusiveness. A big part of malphite whether he goes the grasp full tank build or a ap bruiser build is that they need mana to poke you down and to farm. In the mid-late game Varus can not hold you 1v1. Usually her clone will move at a faster move speed then the actual champion which is one small way to tell, but when you are caught up in a fight it can be hard to tell at first. Remember that you cannot spin through veigar's cage it will stop you mid spin if you spin into the edge of it. If she goes for a combo to try and knock you into the rocks and misses, you can look for a really solid trade/all even early in the game. So usually a good time to w is after her q. A good tip against teemo when you do trade against him is that teemo's blind affects your autos THE INSTANT YOU START THE ANIMATION not when you do trade against him is that teemo's blind affects your autos THE INSTANT YOU START THE ANIMATION not when you finish the auto. him 100-0 with 0 minions. Longer trades are better for Tryndamere in this matchup. If you get hit by his E you get slowed down and his first auto on you will stun you and grant him bonus attack speed. Make sure to look to dodge her bubble after you spin on top of her. Every trade you must be willing to all in with ghost if you see an opportunity to run her down. Don't ward the river brush or tribrush, instead look to ward deep in her jungle so that you can see her while she is doing her jungle camps. You have sustain in your kit she doesnt. A good tip against graves in general is that graves autos don't penetrate minions so you can actually hide behind minions and avoid his auto attack damage Once you get tiamat and tier two boots (can go zerkers or merc treads) you can typically have good trades into ryze. Win the lane by punishing his cooldowns. Nautilus gains extra damage on hit while his W shield is active but his damage on hit while his W shield is active but his damage is very minimal once his W shield is down. Xin gains bonus range and damage with his Q and his 3rd auto attack with his Q will knock you up. If you find him away from his turret and you have multiple points in your w slow there is a good chance you can chase him down. The biggest thing about maokai matchup is sticking onto him with his ways of disengaging with his Q. He does not scale very well. Once your mobility outscales his is when you start to win. When mordekaiser ultis you he gets 10% of all of your stats and also all minions are not a factor. Fizz can be annoying with his short trades early and if he gets ahead can snowball really hard against Tryndamere. Make sure you stay at a high amount of health so he cant do this burst without you being able to follow up. Tiny If you play against an ivern top he is trolling. It might be hard to kill a Braum in the solo lane because of his disengage with his q slow, however he has no sustain (mana or hp) so you can use that against him to push him out of lane. If this darius pulls you at a bad time for you, your best hope is to turn on him and all in and pray for crits. Also you should watch this video when I played janna top vs a bronze 5 tryndamere on the LAN server. Something else you can do is push in the lane and roam mid or help your jungler invade, Alistar will have a hard time farming under turret and will unlikely be able to help. Her q deals 2 ticks of damage so make sure that if she hits her q on you that you side step the 2nd instance of damage. Early laning will mostly be dependent on how the pantheon is using his abilities. Most of the time this will be a farm lane, so just get your tiamat shove in and look to deep ward, get jungle camps, or roam (if there is an opportunity.) In the mid-late game against Pyke when you get more points in your w slow you will find more and more spots to all in the pyke. Still might be hard to dive him with his zhonyas but if he is just sitting under turret farming, just shove in and look to avoid him. If Fizz is ahead, look to avoid him on the split push. Minor Lethal Tempo Runes and Build. Most of the time I will swap with my mid laner rather then face this matchup. Alistar doesn't have the mana pool or sustain to take short trades against you and he also cannot all in. Dorans Shield start. Major Lethal Tempo Runes and Build. dueling Xayah: Look to sidestep the angle of her feathers, don't just run in a straight line against her, xayah pulls back feathers towards her always, so for instance if xayah ultis, try to get behind her so that you are not in between xayah and her feathers. If she misses an ultimate Q or wastes her shield, that could be a good time for a trade Tryndamere has much better out of combat mobility to rotate in between lanes to potentially flank the enemy team. In the case where you split against a 6 item tristana has range she does have pretty good poke, but her range isnt great early and her w costs a lot of mana to escape. When splitting go opposite side of the map where tahm kench is and use your mobility to outrotate him as much as possible. You can get leads on Shen in the splitpush without killing him, but always look to pressure him first. Dueling against Diana in the mid game is pretty easy as long as you dont miss your ultimate. patient on your eventual allin, its gonna take some time to prepare a solo kill on lissandra since she disengages really easily. There are two types of singed players, singed players, singed players who go for laning dominance with ignite + an aggressive keystone, and then there are singed players who take aftershock and want to scale up into teamfighting well. If she is playing really far back and safe just farm it out and after tiamat you can look to set up dives on her. When you are pressuring him under turret make sure you with his e movement speed and ultimate. You can buy a QSS in this matchup to cleanse the stun/slow Major Lethal Tempo Runes and Build. Major Lethal Tempo Runes and Build. Pick and choose which minions to go for under turret. Your windows for trading on qiyana has access to her w and q is when she gets the ability to go invisible. Remember experience is worth much more then farm. His Q is on a 8 second cooldown. You have the option to buy QSS when splitting against nocturne to get rid of his fear and run him down if you are splitting against him. Her W cooldown level 1 is 22 seconds which can be reset with takedowns and by fully blowing up her bomb. Ways you can beat gnar in the mid-late game split push, either you wait until hes exhausted (just came out of mega gnar form) so that he cannot build it back up when you allin him, you can build swifty boots to help stick on top of him thru his slows, if he face checks you in a bush and you hit your w slow that can be another way to catch him out on the split and beat him 1v1. Be careful about dueling him when he gets trinity force spike because he gets very strong with it. Get merc treads, or a qss later in the game to deal with his obnoxious fear. Extreme Lethal Tempo Runes and build. Try to punish ryze before he can go back and grab tear. Level one build up a little bit of fury and look for a big trade (dodge his q!) and typically you can get a good amount of damage on him, get level 2 power spike and look for an allin. If the Gragas is playing well, you can just play this as a farming matchup. Mid-late game swain will have a hard time dealing with you 1v1 and you can abuse his cooldowns really well if he ever misses something. Only look to farm and scale up. In the mid-late game Kindred wont be tanky enough to survive your all in and will have to burn her ult before yours so you will win the 1v1. Against Aatrox doesn't shove) we can look to get level 2 advantage and take a strong trade while he is still level 1 Ignite + flash. Also if she ever uses her E to poke you rather then disengage and you have high enough hp/fury you can look for a good trade. Look to always make sure that if you take a big trade into renekton that you go for it with your boneplating available. If you do take a trade with ornn however, try to make sure that you arent hit by the end of his w (his breath) or you will get the brittle debuff on you which he can auto you for huge damage. Dorans shield start. In the mid-late game splitpush it can be really hard to dive fizz because of his E and zhonya, and he can duel pretty well against you because he can 1shot you to force your ultimate and then kite you. Draven top's lane laning phase is super greedy (can get ganked easily) but can also be super punishing for a melee top laner like Tryndamere. So if you are looking to all in Kled MAKE SURE that you dismount him WITHOUT having to use ignite or your spin that way you can kill him immediately after the dismount. You will be down farm but as long as you stay even in experience you can outscale him in the 1v1. Force his w cooldown by walking up and auto attacking him, then walk/spin away. You can buy a QSS later in the game if you feel like you need it to stick onto him. Post 6 sivir gets another speed bonus with her ultimate but that usually wont outrun your w slow + ghost. In the mid-late game splitpush you win if you have a lead, but lose if you don't have a lead. Vayne top is the bane of all melee tops. Leblanc is a really good lane bully. It is really hard to force an all in on her ultimate. The darius matchup in general is a lot about punishing cooldowns on his g and finding spots to take short trades with an auto attack + spin out without being forced into an all in by being pulled. Make sure you are always pushing within your minions from range but if she uses her cooldown try to position yourself forward so that if she walks in your spin range after she used her ability you can get a good trade on her. Now you have some time for a really good trade on jax while he has no counterstrike. If he is hugging turret look to outrotate him using your superior mobility. In the mid-late game duels against Riven are all about if you can stick onto her and force the allin, and the way Riven wants to win is by bursting you to force your ultimate then kite away. Sett can guarantee that he hits the true damage if he stuns you into his w. Minor Lethal Tempo Runes and Build. In the mid-late game splitpush you can basically just push leona in and ignore her as you hit the turret infront of her face. Katarina does have a solid level 2 allin with ignite that she can burst you with but you have to fall below about half hp for her to kill you. Vel'koz has really good poke and disengage with his abilities, your chance to all in him is dependent on your ability to dodge skillshots. Look to avoid the root on her silence and remember she can turn to face you when she g's and when she autos. The most consistent way to beat teemo is to look to farm up early with tp and wait for tiamat spike, TP back and look for pressure on him. If Mundo is just playing really far back and safe, you can look to punish this by freezing the wave so he gets denied some farm (his q is on a 4 second cooldown so he cant get every minion.) Also while you are freezing you can position your character forward to the side of your minion wave so if he q's a minion you can look to spin on him. Again the reason you want to get his hp down some before fighting is so that he cant survive long enough to stack his passive all the way up. In the mid-late game splitpush Kaisa can kite you with her ultimate and her dash but if you hit your w slow its over for her. Be careful when all inning bard and he takes a portal that you don't get baited into it. Look to avoid his Q by standing away from your minions where his q can splash and juking side to side while waiting for minions to get low enough to farm. Just have to be careful with Leesin's burst to make sure you dont miss your ultimate. So you can look to spin in and trade with her pretty early and often to force cooldowns and mana. Otherwise look to farm until tiamat. Janna does not have enough damage to poke you out of lane. Just make sure you don't take too much damage before level 4 and you can look for an allin. Whether you snowball against sion or not depends on how well you can extend a trade, and how well you can manipulate the minion wave to set up proper allins using the length of the lane.) Make sure every time you kill Sion that you run away immediately so that you dont die to his passive. When you are playing midlane you don't have as much room to all in your opponent which is why lethal tempo isnt as good. In the mid-late game splitpush Gragas can be really annoying to dive, so just shove him in and out rotate him with your superior mobility. Best opportunities to trade with mundo is after you have a good amount of fury/hp and you start off the trade with an auto attack on him that way you can save your spin for when he tries to disengage with his cleaver. We also can trade hard level 1 with just a little bit of fury, try to avoid his 3rd q damage Aatrox has really good trades and healing but if we can kill him in a single all in that is how we win. In the mid-late game splitpush Kalista will have to call an ally to match against you, so just look to push in and outrotate the two stopping you and flank their team with a man advantage. Tryndamere is stronger in the early levels then Aatrox especially in the allin. Biggest thing to pay attention is they keystone + summoner spells. You can use tryndamere is stronger in the early levels then Aatrox especially in the allin. you want to maximize your tryndamere ultimate, use your R right as you are about to enter the grinder (usually it takes .5 seconds or so when u hit the grinder for you to actually die so just press r right before that.) In the mid-late game you can beat Urgot 1v1 If he is away from his turret, but under turret it can be difficult if you arent massively ahead of him. If you cannot duel Neeko yet, THEN AVOID THIS MATCHUP AT ALL COSTS! Especially if it is glacial Neeko, you just cannot get away. Can look to sit in the top lane brush and wait until the first 3 minions are low, then you can spin through those 3 minions are low, then you can spin through those 4 minions and get a trade onto viktor to force him off the wave. If quinn is using her spells too aggressively however and wastes her E cooldown (the one where she does a backflip off of something) and you have a good amount of hp and your spin up, that would be the one time you would want to trade into quinn early. Nasus is VERY weak in the beginning of the game. If you stay at least even you should win all ins, just make sure you hit that W slow or he can punish you really hard! Tiny if they pick thresh top they are trolling. Ekko matchup is mostly a farm matchup is mostly a farm matchup is mostly a farm matchup because of how easily he can clear waves from range as well as his ability to kite with his passive. In the mid-late game you should win 1v1's against him especially when your ignite is up to cut down on his w healing This matchup is a farm matchup, can look for small trades with akali once you get tiamat and potentially out sustain her for an allin. Ignite + Flash. Dorans blade start. With Tryndamere's superior waveclear he can shove pyke in repedeately. In the early game they don't do as much damage so if you can build up fury without taking too much damage level one, you can look for an early all in with your ghost to atleast burn her flash and take control of the lane. Shen early game can take very good short trades with you. In the mid-late game splitpush you will win the 1v1's as long as you dont get kited too hard. Shove the wave in and let it "bounce" back to you (when you crash the wave into turret all the way, the enemy wave will slowly start pushing towards your turret.) If you didnt burn summs or get a kill on him the first two levels, then look to farm. If she does not extend her q enough then there will be a longer cooldown until she can use her set of 3 dashes again. Get the second wave completely into turret before the third wave comes up so that the enemy minion wave can "bounce" towards you, this makes it so you hold a freeze against him. In the mid-late game xayah can be annoying to duel but if you hit your w slow you will win most of the time vs her. Build up your grasp by attacking minions, attack jax with the grasp proc, he will counterstrike. Your sustain with fleet + second wind + revitalize is really strong. Usually the player who gets level 2 first in this matchup will win the early game. Before you look to dive Shen, make sure you "prepare" him by taking short trades with auto attack + spin out (while dealing the spin damage on the way out.) In the mid-late game splitpush you outscale Shen in the 1v1, but it can be hard to dive him effectively because of how tanky he gets. Bard top matchup is all about getting good farm without taking too much poke damage. When using your w keep in mind she will turn to face you when she auto attacks, when she attacks, when she w's. A big part of this matchup is how well katarina roams so to deny that we need to put constant pressure on her and keep the wave shoved into her turret with tiamat. Otherwise situationally if winning the game is reliant on you 1v1ing Annie, then buy gss to guarantee your all in. In a straight up all in Wukong gets so much armor from his passive but if you take trades where you only let him stack it up a little bit then disengage it can be hard for wukong to sustain through that damage. When you get to your end game build, you will be a period of about 10 minutes of gametime atleast where he will have an advantage on you if you dont snowball early. The biggest part about the Olaf matchup is to get him to throw axes at you while you can save your spin to stick onto him to extend the trade and force the allin. If you can look to swap lanes with your mid laner who might have a better chance of laning vs her to counter the cheese. Kassadin's trades early are fairly even with you, but you have the sustain advantage and when you get your tiamat you start winning all short trades as well. Gragas will usually build 40% CDR so his body slam will be up constantly to stun you and disengage. Diving camille can be an optimal spot for an allin, so you can start with an auto attack and save your spin for when she disengages with e, just be careful when you use your w that she is facing away from you (her w towards you will make her face towards you.) Splitting against camille in the mid can be difficult as she has a very strong spike with trinity force and can go into steraks to be tanky as well. IMPORTANT NOTE: Gnar's hop is a 22 second cooldown level 1. Syndra has amazing poke and disengage, however before she gets her back for lost chapter she is gated by her mana costs. Look to avoid his q's by preemptively dodging them when you walk up for minions. When you have malphite pushed under turret it is essential when you are in a position where you can pressure him that you use the auto + spin out trade under turret for harass as well as getting autos on his turret (past 5 minutes.) Once malphite gets his first back for an item, see what he gets. Try to keep your health high at all times in the lane so that he cannot get his passive on you (while below 50% hp zed deals bonus damage to you with an auto attack.) Splitting against zed in the mid-late game can be difficult, if he can one shot your hp bar and kite you don't think you can dive J4 you can always shove him in and outrotate him with your superior mobility. Master Yi's ultimate makes it so he is immune to slows so don't cast your W on him while he is ulting. Phase rush has a 15 second cooldown level 1. Hecarim can stack up a LOT of damage with his q, so the most important thing about taking a good trade with hecarim is going at him when he has no stacks on his q. If you are playing against an Evelynn jungle however here are some tips. If you take TP just let the teemo push you in and only look to farm. If your jungle however here are some tips. singed's wave and ALSO take his jungler's camps. Azir has strong poke, good scaling, and good disengage. The closer your wave is to your turret, the further the kayn has to extend to get farm which means you will have more room to run him down. Every allin you take against Jayce have your ghost up or you can get bursted and kited. Morgana cannot fight us outside of turret range once we have about 3-4 items. Allow sett to shove you in early, even bait him into attacking you so your wave attacks him instead of the enemy minions to force the wave to shove in faster so you can farm under turret. his card on a blue or red card on the wave. Against gnar you can abuse his low base stats on his mini gnar in early trades before he gets his jump (usually want to wait out his q and either dodge it while you build up fury or if it hits you wait until the slow runs out. If you dodge her charm pre-6 you can look to trade. This is very powerful against tryndamere and will provide really good burst and/or allow her to disengage after trading. In the mid-late game sivir cant hold you 1v1. With the buffed nimbus cloak for season 10, you have 2 ways to proc nimbus cloak pre 6 that werent available before. Fight him in between waves where he cannot stack his rageblade. Often times we can burn her flash levels one or two. Lee sin has decent short trades if he hits his q, but tryndamere's all in is significantly better and it is easy for him to force trades. Or you can look to hit a w slow and force her ultimate, then reengage on her when your w slow comes back up. Aftershock singed will typically struggle to outdamage you, so you can typically get good allins on him. If you can build up fury without taking too much damage level one you crush fiddlesticks in a 1v1 assuming you have tenacity or a qss, otherwise it can be hard to dive because of his fear. Hold your wave on your side of the lane to give you the most room for allins. If you feel like for whatever reason you cannot dive him just shove in and rotate to take jungle camps, ward, or look for opportunities to flank his team. Most senna top lanes will take grasp or glacial, grasp does more dmg whereas glacial is more for kiting and setting up her passive, tryndamere can outsustain senna's damage pretty easily and if you hold the wave on your side its an easy gank. Make sure when you all in that you use your ignite early to reduce the effectiveness of her heal from her mantra W. Post 6 Rakan can set up ganks for his jungler and can also have a good amount of burst when he gets protobelt. In the mid-late game splitpush beating gangplank in a 1v1 is about how well you outplay him on his barrels when you are diving him. Make sure you keep your health high so you dont get bursted down. Or if you have 100% crit and 40% cdr you can spin auto attack twice and reset your spin again to catch up to him on his phase rush activation. If you are against Aurelion sol as midlane Tryndamere then use Fleet Footwork Runes and Build with Ignite + Flash and dorans shield start. If you let him get his turrets down then he will be able to pressure you and shove you under turret and deny you CS. If he gets mana like a glacial shroud you have to be more patient, but if he buys something like a bamis cinder or chain vest then try to do more to burn down his mana pool. Elise has a little bit of poke damage but Tryndamere can just sustain through her damage pretty easily if she is in the solo lane. Kennen is a small delay when he is casting goo that you can back off the trade before he flips. Sometimes you can punish his clone being down if he walks back up to you while its still on cooldown. Lethal tempo can sometimes be ineffective against yasuo because of how well he can kite away from auto range too long this is they better keystone to take. Can be hard to all in the new pantheon though because of his E blocking damage from his E). You can run tiamat with lethal tempo build in this matchup if you would like to put some extra pressure on Shen and his turret. Levels 1 and 2 you can get a good advantage on her if she doesn't play back early on. Once you get tiamat just shove him in over and ignore his damage and hit plates. Ryze has really good poke early but since his W is no longer a root (unless he empowers it with his E first) tryndamere can get really strong trades against him. Extreme Lethal Tempo Runes and Build. Its imporant if you are diving wukong that you try to burn his ultimate or his clone before committing to the dive. Khazix has decent burst but for a solo lane khazix he is going to have a hard time trading with you while you are in a minion wave since he does not get isolation damage. If teemo tries to harass you make sure you stand within your minion wave then kite back so that he takes minion damage. In the mid-late game Vi cannot deal with you 1v1. Not everything is horrible though, there are some ways we can get a kill on her in lane. If you are playing against a proxy singed then look to buy tiamat potentially and just farm absolutely everything. If you want to trade with sejuani you must first break her passive by dealing damage to her because it grants bonus armor and slow immunity. In the mid-late game if he can burst you 100-0 you might need to buy a little bit of armor if your win condition is to win the 1v1 versus him. If Aatrox rushes something like a deaths dance or if they have other healing on their team (soraka, vlad etc) then you should build an exectutioners after your essence reaver. Our sustained damage is so good and if shes not killing us in one combo then she cant beat us. Bard's auto attacks are very strong, but we can look to sustain with our runes and dorans shield. Post 6 you can dive him, make sure that you start dives with an auto attack, activate your ghost and you can even just run into the veigar stun and then run him down afterwards. I heavily advise to either take Legend:tenacity or buy merc treads (or both) when playing against teemo. Don't trade with him levels 1-3 he is just straight up stronger! Once you are level 4 as long as you have kept your health pool high you can look for trades against rengar, however he wins short trades so preferably you want to look for opportunites to rotate and flank his team while he is stuck under turret farming. Once you get about 2-3 items you can start beating heimer even when he has full turrets and cooldowns ready, still a good idea to take out his turrets early though so he doesnt have the burst of damage for after your ulti is over. Vi can poke you through minions with her E, pay attention to where she is angling her punches. Trundle's ultimate steals health and resistances which can make him tanky, if you are able to force his ulti and back off and reengage the all in after his ultimate.) Ignite can cut down on Trundle's healing immensely and as a 6th item against trundle. Mid-late game splitpush Tryndamere will win, and even when kayle hits level 16 Tryndamere still has a really good chance of winning the 1v1 especially if she is away from her turret. Against a singed player who is going for a lane dominance build, you don't have to play too aggressive, look for spots where you have high health and fury and he is on your side of the lane for a potential all in, or you can just sit back and farm and wait to outscale him in the mid game. Just make sure when you get your spike in items that you all in with your summoners up. Tryndamere is stronger then riven in level 1 and level 2 allins (as long as riven doesnt have ignite), BUT only when you play it well. The way you kill camille is by finding an opportunity to all in her without her being able to disengage (for example she e's into you but u end up in between her and her escape path). If you run tiamat, make sure you push in and look to roam, take jungle camps, or get deep vision. Dorans shield or cloth 4 start. In the mid-late game ziggs cannot hold you 1v1, but can clear waves very effectively. Viktor is immobile but he has really good Crowd control with his W. A lot of malphite players are doing the Q max arcane comet build with biscuit delivery to have maximum poke against you in lane so we need that extra sustain from this runeset and dorans shield to sustain. Can look for trades even from level 1. Zed has decent harass in lane phase from a distance but must burn his w cooldown to deal significant damage to you. Levels 1-2, tryndamere wins allins vs Vi really fast auto attacks) until they are dismounted for the first time so that they can try to cheese a kill with the remount. Or if you want to play it safe you can run at teemo to try to force him to turn his back to you and W slow him before you spin in. You can keep track of how much damage his ulti will deal based on how many soul shards he has which is right below his resource bar. And when you do go for the all in make sure you sustained back up so she cant force you to use your ultimate immediately. Post 6 you can all in and dive him even 100-0 and kill him because he is such a squishy champion with no mobility, there is a chance that his ultimate can kill you though so try to spin out and use your q with revitalize and proc your fleet footwork to try and survive. So make sure when you pressure him that you are manipulating your wave so that it is in a position where you have plenty of room to run him down. You want extended trades vs xin zhao to beat him, if you let him get short trades on you while you are farming minions to poke you down then you will miss your opportunity to all in. When diving Rakan, look to burn his cooldowns, sometimes you can force rakan to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you are forced to ulti, then you can back off the dive before you can be back off the dive before you can back of the dive back o IMPORTANT NOTE: When Kled dismounts, he gains courage for every auto attack on a champion, he gains courage for every last hit he gets, and he gets courage for every last hit he gets, and he gets courage for every last hit he gets, and he gets courage for hitting his dismounted q against you. AD nidalee has more sustained damage and is usually decently tanky as well, but mostly useless because she doesnt deal enough damage to you to push you out of lane and can still be killed. One thing to mention about kled's w is that he cannot control when he uses it EXCEPT for the first time he levels it up. Stay behind minions, focus on pushing rather then looking to kill him (unless he is really far up the lane) and beat him with a huge farm lead. Just look to sidestep his stun after you spin on him and then w slow to catch up. Wave manipulation can win you lane vs a solo lane Karthus because if you have the wave on your side of the lane, then Karthus has to overextend to farm giving you room to spin on him and run him down. Your ability to set up a snowball against him is what will determine your ability to split push against him in the mid-late game. You can just all in her pretty easily pre-6 and she cant really stop you. Don't just sit in lane after shoving in. Merc treads can help in this matchup or you can take tenacity on your runes If you are able to consistently take out heimer's auto's and get very good early pressure on him. Post 6 you start to outscale Olaf, your ultimate is much better then his for the 1v1. In the mid-late game Orianna has some serious burst and kiting ability. So usually you want to use your w slow after her g. This is the strongest early game setup on darius to punish early but it falls off later since he can't kite you as well without ghost. Late game against zed if you need to 1v1 him in order to win the game, buy a randuins and he wont be able to one shot you from 100-0 to burn your ultimate meaning he will have to stay on you longer to commit more damage giving you room to get your all in damage in before he can kite you. After kled has leveled up their W what they will do against Tryndamere is they will use their q and tiamat to farm so they can keep their w up and available to dash on you for an all in trade. Darius has very strong all in trades and his passive when stacked 5 times (stacks every auto attack damage and does damage over time to you. An effective strategy to employ against an immobile champion like Kog'maw is to manipulate the wave so it is on your side of the lane. Try to catch her off guard from the fog of war. Usually can get 3-4 auto attacks if you position your spin correctly. Post 6, be mindful of Garen's ultimate which is an execute based on your missing health. In lane, mostly look to farm, if he wastes his Q and doesnt hit it on you, you can look for short trades while it is down. Lissandra has really good poke but with this setup she will run out of mana before poking you out of lane. Look to avoid damage and get farm only when you won't take too much damage for it. Corki has no crowd control and not very good disengage so when you get pretty much just one item you start beating him really hard in allins. Renekton doesn't have as much sustained damage as you level one, so if it turns into an all in you should win (especially if you get any crits.) Once you get level two, you can look to spin in on renekton as well and force a trade. In

the mid-late game, velkoz cannot hold you 1v1 outside of turret range, and is somewhat easy to dive even in his turret range just because of how squishy he is. Look to build up fury without taking too much damage and you can trade with him even from level 1 with a good amount of fury/hp. Graves doesn't have enough kiting tools to survive a straight up all in versus Tryndamere. If he is playing very safe, buy a tiamat and shove him in constantly because zac will have a hard time farming under turret and this will give you an opportunity to ignore him and get plates or take small auto attack+spin out trades. When diving an azir, if you are forced to spin in on him and he ultis immediately, you can back off the dive sustain back up, then redive with the ultimate advantage (assuming he didnt burn it already with his ulti) OR if you spin on him and you are able to reset your spin before he ultis you away you can just spin over his wall and kill him. Remember that if you keep the wave close to your turret, you will have a lot more room to run her down if you find a good opportunity. Galio is an immobile champion. He is an immobile champion with high burst that you counter with your ultimate. If she uses her snare and misses and we have a good amount of hp and fury that will be a good time to look for an allin. Major Grasp Runes and use the build for lethal tempo (build early executioners in this matchup and Ninja tabi instead of zerkers). Her ultimate grants her bonus resistances and damage on abilities as well as the dragon's flight which deals a good amount of base damage. Avoid poke by standing well behind minions until it is time to walk up for CS or juking to the side. Before 6, just look to farm and avoid taking unneccessary damage. Early game nocturne has strong waveclear and strong damage. You outscale nidalee in the 1v1 into the mid-late game, as long as you hit your w slow you can dive her under turret as well 100-0. If you are actually against an Alistar top, your sustain advantage with this setup is very beneficial. Kayn is weak early before his form, but that doesn't mean you should give him free damage towards his form. If you don't get an advantage in lane be careful for when he hits his blade of the ruined king spike. Force an extended trade, by starting off trades with an auto attack when he goes for a minion that way you can save your spin to dodge his Q or to stick on top of him when he walks away (position your spin in between Cho'gath and his escape path which will usually be his turret) In the mid-late game, Cho'gath in and outrotate him with your superior mobility. Tryndamere with this setup just has too much sustain. When diving jax, try to burn his counter strike cooldown by auto attacking him under turret until he uses it then spin out of turret range. You must engage on her with full fury and if you can try to get her to face check you in a brush or around a corner or something if you want to try and guarantee a solo kill. A good trick against karthus to bait out his q's and dodge them is to walk up to a minion acting like you are about to go up and auto it, then preemptively back off and dodge the q. In the mid-late game it can be difficult to dive her under turret because of rappel and the zhonyas that she will probably have so if you cant catch her outside of her turret range, then shove her in and outrotate her using your superior mobility outside of combat. Dueling Ahri in mid-late game while her ult is up is next to impossible unless she is really far behind. What you wanna watch out for when dueling skarner top lane is his E. In the mid-late game Tryndamere outscales Lee sin in the 1v1. If sion plays it safe get the first two waves into turret and let the wave "bounce" back towards you (minion waves crash all the way into turret then it starts pushing back towards you.) One tip against sion players is that you have to watch out for his 2 cheeses. Taliyah's rocks she scatters across the ground will damage you if you spin into them or if she knocks you into them. She is close to impossible to dive unless you got her low before hand. Then when his w is on cooldown you can reengage and you wanna run him down remembered in, just let it push back and look to keep the wave on your side of the lane to give you more room for an allin on her. If he does look to keep the wave on your side of the lane to give you more room for an allin on her. that he has a spellshield for your W so try not to w into his spellshield. Try to set up your minion wave so that you are closer to your turret so you have plenty of room to allin the Aatrox, if Aatrox is close by his turret he can take short trades and disengage to his turret he can take short trades and disengage to his turret so you have plenty of room to allin the Aatrox, if Aatrox is close by his turret he can take short trades and disengage to hi splashes, and gives her bonus attack speed. Post 6 Lee sin will look to burst you, with q + auto attack, then kite away with his w while you ult. In the mid-late game against malphite a lot of times you won't have the damage to kill him if hes building full armor like most malphite players do or unless you are extremely far ahead of him, so what you need to do is shove in the lane and force him to collect the farm on the split, then you out rotate him and flank his team (if there is an opportunity to) before he can match your rotation. Minor Lethal Tempo Runes and Build. Elise will run out of mana before poking Tryndamere down. You do not outscale tahm kench in the 1v1, but you do outscale him in team fights. Katarina has a really weak level one that you can abuse, get level 2 advantage on her and look to take a good trade. So if he uses it, then you will have atleast a 10 second window to spin on him (assuming you made him use his hop when you used your spin at him) to get another spin and run him down. Tryndamere does outscale this matchup in the mid-late game 1v1, but can be hard to dive him 100-0 so if you find yourself in that situation where he is just sitting under turret, then push him in and look for opportunities to outrotate him with your superior out of combat mobility and flank his team. Look to sidestep his q's when going for minions and trading with him if he uses his W to harass you. Minor Fleet Footwork Runes and Build. If vi uses an ability she gains a shield but her shield has a 16 second cooldown level 1, so you can look for trades when it is down. When you take trades vs nautilus make sure that they are extended trades rather then short trades. Don't get cheesed by anything early and you will win all game. Urgot has strong poke in the early game but by the time you get level 4 and you have a good amount of HP and fury you can look for solid trades against him. In the mid-late game if you are splitting against caitlyn, you should be able to kill her pretty easily just remember that while she is running away she could turn back and face you when she casts her E, so be careful when deciding to use W slow. Hitting your W slow against Teemo can be difficult cause he can turn back to throw his blind or auto attack. Early game mundo has strong short trades but struggles really hard against opponent's that can force an extended trade with him. Shyvana top really has no way of escaping your all in if you hit your w slow to stick onto her. Fiora is a tough matchup early in the game especially if the fiora takes grasp of the undying as her keystone. If they send another person to help defend with him then rotate using your superior mobility to make a play elsewhere after pushing in. If lane goes even and he scales up this just becomes a farm matchup in the 1v1. Spots where Tryndamere can punish Riven is purely how the Riven player uses her cooldowns. Minor Extreme Fleet Footwork Runes and Build. Ashe good range and good poke and decent kiting with her passive that slows you. If we miss our w slow after spinning in it could be fatal. Pre6 if she w's into you for a trade her W has a 18 second cooldown level 1 where you can potentially get a good trade in. However, early on you can outsustain his mana pool if he is using his spells to harass you or get away from you. Look to use and abuse heavy trades after building fury on the wave to get good trades into her. Remember when using your W slow that he will turn back to face you when he applies a stack on you that you let it fall off before walking in his range again. Ornn has a 10 second cooldown on building items after taking damage. Kennen has no sustain in his kit and with all the sustain in ours we can take worse trades but still end up winning the sustain war in the end. The problem that a lot of people have with the garen matchup is that they do not know how to force an extended trade. Grasp does not scale into jax it is purely for early game power. Phase rush has a 15 second cooldown that you can punish. Trades that you is ones where he can trap you in his wall and hit his e with ghouls up. Amumu is weak in the top lane especially early. Once you get tiamat, you can look for short 2-3 auto trades + spin damage, into an eventual allin with burst. In the mid-late game splitpush if sion is too tanky, just shove him in and use your superior mobility to outrotate him and take extra waves, jungle camps or even look for a flank opportunity if you see one. Only chance you have of beating him is with jungle ganks or if he runs out of mana. Keep in mind that Lissandra's q range extends after hitting a target And if Kalista tries to hold the turret by herself you can just dive her. If Ashe is holding you solo in the mid-late game look to dive her. In the mid-late game split push you will be able to 1v1 ezreal 100-0 in a turret dive as long as you have full fury to reset your spin with. Be careful of master yi in the early levels! He actually has a lot of sustained damage. Morgana has really good crowd control with her bind and decent waveclear, but she also can't punish us for farming very much with our sustain so this is basically a free lane to farm up in. His knockup is fairly easy to dodge if you are looking for his cast animation on it, and Cho'gath is immobile (no dashes or bursts of movement speed) so if you can dodge his Q you can get really solid trades on him. Tryndamere has really good mobility which you want to make sure you take advantage of. Dorans shield. Even without much fury level one if kayle walks up and auto attacks a minion we need to position our character forward to auto attack her when she goes for the minion and the spin on her to extend the trade. He can cheese your buff level 1 by late invading into killing himself on the buff then taking it with his passive. Also after level 6, make sure that you are in between sion and his escape path so the he cant ult away from you during the all in. Even Fleet Footwork Runes and Build. Tryndamere can force an extended trade against rakan by starting the trade with an auto attack, using w slow to stick on top of him, then spinning after he w's away. In the mid-late game split push against Teemo you do outscale him as long as you didnt let him get ahead of you. (midlaners usually are ranged and can deal with something like Neeko a little bit better) If you have 40 CS at 10 min against Neeko that will be about average. IMPORTANT NOTE: YOU CANNOT ULT DURING BARD ULTI, so when he ultis you while you are low and it looks like he could kill with you burst right after the ult, be spamming your r key to get your ult off as quickly as possible. Dorans shield start (u can start longsword if u play it right). If kennen takes phase rush do not use your W until after his phase rush is on cooldown. Keep your mouse as far to juke to a different direction to avoid a skill shot. In the mid-late game you will be able to beat Olaf 1v1 outside of his turret, if you are ahead you can even turret dive him 100-0. Kled gets a lot of hp back when he remounts after he gets to 100 courage, so if you dismount him and cant kill him off his mount you basically just gave him at 300-400 hp potion. She gains a large shield if you step on the buckler that appears on the ground.) Very early levels though, usually just level 1-2 is your one chance to look for an advantage against her solo. Tryndamere can beat irelia in allins early BUT you must be careful about her passive and conqueror. My advice is when you spin for the all in, wait until after his blind + auto to use your W slow. If you are able to outsustain a malphite's mana pool you can make them miss a lot of farm. If you are playing against Ashe top, be very careful with early game. On Riven's first back she will most likely pick up a CDR item which will allow her to extend her O. You will have options to roam mid or help your jungler invade after shoving waves with tiamat which can net you advantages if the azir is playing safe. You win the extended fight. Make sure to take control of his spires in areas that you are potentially gonna fight him (and the free 15g at the beginning of the game by taking a spire.) In the mid-late game by taking a spire.) In the mid-late game splitpush look to catch out skarner away from his turret, or buy a QSS so you can dive him. Save your W slow when looking for an allin on the Udyr for when he kites away after his stun, or if you can hit it before he stuns so he cant seperate as much distance from you that works too. Most of the time however you are gonna just be crushing the poor guy because he can't do enough damage to you and you out damage his heal on his drain. Once he has used his mana to try to chunk you down (and you keep sustaining back up) then you can look for bigger trades and maybe even a dive with your spin comes back up, and the window can get larger if you go back after trading and crit some minions to lower the cooldown of your spin even more. If Kled ever uses his W on a minion, you have a 14 second cooldown on his level 1 w to look for a solid trade. You also outscale her the whole game in the 1v1, she can never hold you. Twitch has no escapes except for a slight movespeed bonus during his stealth. In the mid-late game you will beat nocturne in 1v1's but with his semi-global ultimate he can look to catch you out after you duel someone else or when you have low fury and try to win that way. Tryndamere is one of the best champions at forcing allins with his spin. Just look to build up fury and spin on her when she comes in range. Usually I will use my w when she q's away from me to disengage so that she is guaranteed facing away from me. In the mid-late game you can just run lulu down, she wont deal enough damage to burst you and you have Essence reaver stinger zerker greaves you should beat Lucian for the rest of the game in a 1v1 as long as you have full hp/fury before hand. Another tip for laning phase is if you w and slow the garen it will stop his passive from healing him. Stuns past the first one only last .5 seconds so you can use that window to setup an allin. Evelynn is honestly a pretty troll top lane pick. Kled can be difficult in the early game if he lands too many q's on you to poke you down. Trades you want are ones that you are able to stick onto yorick even after he casts his wall (if you are able to kill his maiden or kill yorick his ultimate has a VERY long cooldown (160 seconds level 1.) The more yorick E's you can avoid in this lane to prevent his ghouls from harassing you, the higher chance you have of winning against him. Here is an youtube video example of how to play/lane against malphite and how to itemize as well. In the mid-late game splitpush what I have done is buy a sweeper for when she uses her W that way I can try to track the real one from the beginning during the all in with my ghost. If vayne trades with you make sure you are within your minion wave so she takes damage from your minion wave and it will also cause the wave to push against you. Another cheese a sion player will do is wait in the second brush top lane and full charge a Q from the brush to get the first 3 minions and deal a lot of damage to you. Remember when forcing an extended trade early, do your best to start off the trade with an auto attack that way you can extend the trade with your spin to keep on top of her after she disengages. Then look to reengage the dive while his counterstrike is on cooldown. Tryndamere's base stats however scale really well (along with the AD he gets from his Q) so be patient for a few levels before looking for trades and post 6 make sure he has to commit hard into you to burn your ultimate or else he can burn your ultimate and kite pretty well. After level 4, tryndamere can look for opportunities to trade with rumble. Once you get 2 items or more though you will win the 1v1 for the rest of the game. You want to get an early level 2 in this matchup so make sure that you force a small trade early to burn jax's counterstrike before he stacks up his attack speed on his passive and then shove for level 2. Look to build up fury level one and take an extended trade with renekton, you can even look to take a trade with no fury as long as you use your entire boneplating then back off. Ornn has sustain because he can build items in lane and can be hard to allin because of his crowd control and damage. If she does waste her bind though and you have spin available you can look for big trades. Soraka has some ability to kite and poke you but you outscale her very easily. Look to only take short trades with sett especially early on. If you are looking to dive Shen, try to bait him into taunting you under turret, this saves you from having to chase him down through his dash away from you, also puts him right on top of you and yoursel. start the dive with an auto attack which is what you want. What I like to do is hide my W animation with the animation freeze effect on Viktor's W so he doesn't know to dodge it. If you can manipulate the wave so it is on your side of the lane, it can be easier to setup allins on xayah. Ahri has strong poke, but you can outsustain her mana pool. Tryndamere can hug a wall to prevent the 4 vitals from fiora's ultimate from being hit so that she doesnt get the healing, and fiora can angle to get the vitals before Tryndamere when he is in the center of the lane. Jhin is immobile but has a slight movespeed increase early with his 4th auto. One tip against singed if he looks to do the goo + flip combo, look to back off of singed before he flips. Rakan in a solo lane will usually run ap which gives them very strong short trades. Later on in the game he can be difficult to dive so make sure that you try to bait out his E before committing to a dive or he can turn it against you. Major Fleet Footwork Runes and Build Later in the game, you do outscale Annie in a 1v1 situation however, be very careful with her burst and make sure to not miss your ultimate. TF top with the trinity force build has a lot of poke and he has good disengage with his gold card. If you want to play it safe try to get a w slow before spinning in on her. Always look to start trades off with lee sin with an auto attack that way you can still use your spin to stick onto him when he w's away. Tryndamere can start fighting more actively with double dorans + tabis spike. It is important that in short trades that you don't just spin away but you actually take 2-3 auto attacks into wukong and then spin away. Make sure when you are trading with Urgot that you stay at an angle where only one leg can hit you so you take less damage, his flip has a cast animation so you can look to sidestep it if you are looking for it. If you get too low hp, sit back press q and soak experience. After 1-2 items Tryndamere will always win the 1v1 in side lanes so splitting against him is a very effective strategy. \*\*\*NEW BUILD\*\*\* Double dorans blade into ninja tabi into blade of the ruined king into essence reaver into Phantom Dancer into deaths dance into youmuus (could change a couple of things most important mechanic against renekton Major Lethal Tempo Runes and Build. Braum's biggest strength is the ability to set up ganks with his Crowd Control, but mostly this should be a very easy matchup. If he is hitting his q's on you early then don't look to trade and just farm. Against a singed with aftershock look to be very aggressive with him especially level 1 and try to punish him before he can even use his keystone. A strategy I employ if I can against kled is that I will look for short trades against kled and leave his mount at about 5-10% hp that way I can dismount him without having the ability to kill him immediately that is a mistake. In the mid-late game Maokai gets really tanky, but on the splitpush if he is overextended past his turret you can still run him down. Early game build up fury, and when you have a good amount of fury built up, look to auto attack him and move forward towards his escape path in between auto attacks and then spin on him after his silence is over and you can get an extra 2-3 auto attacks to win the trade. If Talon does roam look to pressure turret hard and try to ping to your team that he is missing. If Syndra is starting to run out of mana by spinning on her. If you put yourself between Shen and his escape path he can taunt through you dealing extra damage and disengaging from you. Remember that you are taking Fleet footwork to be AGGRESSIVE in this matchup! Look for early trades against vladimir after building some fury. In the allin vs garen, make sure that you use your w after he uses his Q because his Q will cleanse your slow. Miss fortune is immobile and squishy but she has strong poke. Also, if you keep them pushed in they will use mana to farm as well. Akali can make it hard to full on all in, the matchup is all about taking effective short trades and outsustaining her. Renekton is one of the most annoying early game bullies to face as a melee top laner. Jayce is a matchup that you DO NOT trade with early. You can look to trade to face as a melee top laner. and fight her even without building up fury first, look to be very aggressive. Ghost+Flash darius with conqueror has extremely good all in and if you are caught too far in the lane with a pull he can usually burn your ulti timer under turret and kiting you. (Second wind + revitalize in resolve tree) Ignite + Flash. Once you hit level 4 thats going to be your ideal time in the early game to allin graves, so make sure that you set up your wave appropriately so that you have room in lane to run him down with your all in. After tiamat, you have solid short trades (Spin + auto + tiamat + another auto if he didnt already disengage with his E) and can shove in and farm effectively. Tryndamere wins the extended trades, Garen wins the short trades. Xin cannot knock you back. Minor Fleet Footwork Runes and Build. Only walk up to last hit minions early on. Look for spots where you can start trades with an auto attack and extend trades with your spin. You outscale Tristana in the 1v1 up until she gets 6 items where she can actually self-peel herself pretty well. to give up some farm as long as you get the experience for it. Make sure you laugh at her before you spin away. Keep health pool high because pantheon gets an execute on his Q if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late game Senna cannot hold tryndamere 1v1 so if you fall below 20% hp. In the mid-late ga to scale if they have no one else on their team to fight you 1v1. Talon has very good burst but lacks damage in a sustained trade. Cloth 4 potions start. In the mid-late game Diving him can be tricky because he almost always will be able to 1 for 1 with you with his ultimate. When trading with Poppy or if she is shoving you in, try to avoid being close to walls (when farming under turret make sure to not give her too big of an opening for her to slam you into your own turret.) In the mid-late game against Poppy assuming that you are 4 items or more), but it is pretty much impossible to dive a poppy. Tryndamere has one opportunity to take control of the lane and that is with his level 2 power spike. If he calls an ally to hold the turret with him, just rotate and potentially start a 4 vs 3 fight in your favor. You beat zac in allins because he simply cannot deal enough damage to you. Fizz has no sustain in his kit so even if you lose on a trade, you can heal back up and he cant. You do not want to take short trades against Jayce you only want to all in and thats it. Also to set up an effective all in, make sure you try to manipulate the wave so it is closer to your turret. A big part of this matchup is playing around his barrels. The only trade you should take with tahm kench is an auto attack + spin out when you are going for a minion to farm. Vayne's condemn cooldown level 1 (also decreases in cooldown level 1 while your spin is a 12 second cooldown level 1 (also decreases in cooldown level 1 while your spin is a 12 second cooldown level 1 (also decreases in cooldown level 1 while your spin is a 12 second cooldown level 1 (also decreases in cooldown level 1 while your spin is a 12 second cooldown level 1 (also decreases in cooldown level 1 while your spin is a 12 second cooldown level 1 (also decreases in cooldown level 1 while your spin is a 12 second cooldown level 1 (also decreases in cooldown level 1 while your spin is a 12 second cooldown level 1 (also decreases in cooldown level 1 while your spin is a 12 second cooldown level 1 (also decreases in cooldown level 1 while your spin is a 12 second cooldown level 1 (also decreases in cooldown level 1 while your spin is a 12 second cooldown level 1 (also decreases in cooldown level 1 while your spin is a 12 second cooldown level 1 (also decreases in cooldown level 1 you (keep your health high and keep your cooldowns available when your jungle is closeby.) In the mid-late game you can find opportunities to 1v1 vayne if you catch her with your w or she face checks you in a brush, but avoid trying to fight her straight up in lane. Poppy is one of the hardest counters in the game to Tryndamere all throughout the game. If his team is closeby and you dont wanna risk getting caught out just place some wards or take some neutrals. Its important to try and survive until we have the gold for our tiamat. In the early game, ryze is very squishy and tryndamere can take advantage of that for some strong trades especially level 1 and 2. The best time for you to go after katarina is if she doesn't have a minion wave to dash to. If camille hookshots into you and commits too hard then you can look for an allin then OR if camille hookshots into you and misses that is a great allin opportunity as well. In the mid-late game splitting against Ryze can be difficult because his burst is very high as well as having good kiting between his movespeed from his passive as well as phase rush. If he is hugging turret look to use your superior mobility to out rotate him after you shove him in, and look to take jungle camps, ward, or flank his team (if you see an opportunity.) Minor Fleet Footwork Runes and Build. One tip about Shen's W is that it blocks auto attacks but only on himself and other champions so if there are minions around shen when he W's and you have tiamat you can actually hit the minions or use your tiamat active and still damage him. Major Grasp Runes and Build. Riven will win all short trades (played correctly) so Tryndamere must look for extended trades. Early game ADC's can poke Tryndamere have to be careful of in this matchup is that Amumu's e (his tantrum) gets the cooldown reset by 1 second for every auto he takes (even from minions!) so if he fights you in your creep wave, he can get multiple tantrums off in an all in. In the mid-late game it can be difficult to dive a mundo so you typically want to catch him out away from his turret, or shove him in and out rotate him with your superior mobility. In the 1v1 in the mid-late game you will outscale her and can look for high pressure dives as well. Post level 6, zed has multiple ways of kiting you, but if you are able to absorb his ultimate without using your ultimate that leaves you with a huge advantage. Kogmaw is a ranged champion that can poke you down early but he is really squishy and immobile so you can kinda just run him down and kill him over again. If you notice riven use her w or e without it being a trade on you, you can look for a trade. Mortal reminder is also a good choice (potentially go executioners early on too if he rushes lifesteal) Major Fleet Footwork Runes and Build. This will save you extra hp on each trade pretty hard. So if you do get the ability to push a poppy in try to rotate and make a play while Poppy is stuck under turret farming the wave you shoved in. Otherwise you can potentially win by taking short trades with camille as well but having the sustain advantage with your Q. Brand is immobile so if he is out of position or too far up the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even with his strong combo of abilities we can still run him down the lane even when strong combo of abilities we can still run him down the lane even when strong combo of abilities we can still run him down the lane even when strong combo of abilities we can still run him down the lane even when strong combo of abilities we can strong combo of to try and guarantee the damage. HE WILL BEAT YOU. Besides that, look to crush him early and if he is the one responding to your splitpush later in the game and you think he is too tanky to dive, he is a very immobile champion so you can outrotate him on the split push. Once we get tiamat, we can look to take small trades with kennen, a good kennen will only allow you to get the spin damage + tiamat, but worse kennens you can get a spin + auto attack + tiamat before they disengage with their stun. At any time post 6 if you have ghost and ultimate up with full fury and hp you can kill sona and even dive her 100-0. Another kill point in the matchup vs Cass if she takes phase rush is to find a spot to all in her if she wastes her phase rush activation. If vladimir is playing back and safe this is mostly a farm matchup, you can try to hold the wave close to your turret to try and force opportunities to get multiple short trades in a row. The longer the lane goes without either of you two backing is beneficial for you since she needs damage and mana on her first back to pressure you harder. In the mid-late game splitpush Leblanc can handle Tryndamere in the 1v1 even while underleveled and underfarmed. I usually try to hit my w before spinning in just because with velkoz if you miss your w after you spin in he has so much damage that he can hit you with while you are retreating back. If shyvana builds AP then her E is going to HURT, so look to dodge her E and all in her. She is melee until level 6so that means she is forced to either use spells to get minions or to walk up and auto attack. Major "Lethal Tempo Runes and Build. Lucian has really good poke and in combat mobility even from early on in the game. Fiddlesticks doesn't have the greatest mana pool so if you take a bad trade early, sit back and heal up and soak experience. Its hard to take extended trades against Jax because of his counterstrike stopping the allin. Every good trade will start by walking up to auto attack Galio when he goes up for a minion rather then by starting the trade by spinning in on him that way you can save your spin to stick on top of him after he disengages to extend the trade. You do not want to trade into quinn early whatsoever. Pantheon is an early game bully who can follow you on roams and can effectively stop you from all in diving because of his after he E. Elise doesn't have the best waveclear so when you build tiamat you can just shove her in over again to put pressure on her either by getting plates or looking to roam while she is farming under turret. When Corki uses package it does not put his w (his dash) on cooldown so he can dash twice. Talon's base stats cant compare to yours so early trades will be heavily in your favor. MF's double up can actually crit if the minion it bounces off of dies, so be careful about hanging behind low hp minions. Avoid damage using the brushes top lane as well as potentially giving up minions of gold so you can collect more exp and sustain up with Q. Be sure to try and sidestep J4's e+q combo when he kites away from you, often times if you dodge his e+ q knockup when he is trying to disengage you can stick on top of him and kill him after his dash (especially if you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko until you have about 3 dodge J4's ultimate damage. It will be hard for you to deal with Neeko unti 4 items which can be hard to get to because of how well she can shut you down. Look to take trades with your grasp proc up, and try to position so when you attack her she has a hard time hitting your vital so be moving constantly. Karma has really strong poke early on so try to avoid damage by dodging her q's and using the brushes top lane to avoid auto attacks. You can build tiamat in this matchup to put pressure on talon and his turret and make sure he does not roam. In the mid-late game nautilus will still not have damage but he will be very tanky. You can lose this matchup if you over commit into one of his combos, his all in is actually decent even early on. Be careful when you are far up the lane against trundle because if you take a bad trade and try to spin out he can pillar you and chase you down and force you into an allin. Kassadin can outscale you into getting you into getting you into getting you into getting you and chase you down and force you into an allin. Kassadin can outscale you into an allin. Kassadin can outscale you into an allin ganked, or hooking you into turret and knocking you up. Anivia is a very immobile champion and won't be able to easily follow your rotation. If pulls her feathers back and hits you with 3 or more you get rooted. Lee sin really needs to hit his g in order to get effective trades on you. you hit level 4 and you get the extra base stats from levels and AD from your Q you will be powerful enough to start looking for trades with him. If you are winning against Riven look to pressure her hard, and potentially look for dives under her turret. When his heat bar is in the yellow he is gaining 50% bonus effectiveness on his abilities (more dmg from his flame, more shield, more slow and damage on harpoon.) If Rumble overheats (goes all the way into the red on his heat bar) you can look for a trade if you are high on hp or if rumble goes too low on his heat bar (has barely any heat and is not close to yellow.) Post level 6 Tryndamere gets his ulti which will allow him more spots to beat up on Rumble, but a good rumble player will know how to keep tryndamere too low to look for an allin. Tips when going all in vs sivir, either use ur w before u spin and hit the slow or when you spin in on sivir hold on to your w slow.) You can always use your ghost to run her down as well. He gains an AD boost when he throws his Q out and his fear makes extended trades really good for him. If you are looking for a trade against yasuo, first try to take away his shield by damaging him with an auto attack, then engage on him after the shield expires. The ignite also helps however against his life drain healing. If you hit your w slow before spinning on Neeko and Neeko uses clone, the chicken effect will be on both the actual Neeko is the right one. Kayle is EXTREMELY weak in the early game. If you are able to dodge his E or he wastes it on minions that is when you want to trade. It can be a better option sometimes to look to push in and rotate to look for opportunities for a flank rather then try to deal with renekton directly. Remember with your W that ezreal will turn back to face you when he q + autos you then turns away to kite. So if you ult and try to dive her or fight her and she ults and disengages. Here is my general strategy against Nasus, Look to pressure hard level 1 and 2 with an extended trade, always start trades off with an auto attack when he goes up to farm a minion. In the mid-late game splitpush it can be hard to beat gnar 1v1. If she follows you on the rotation, then go back to splitting the side lane, try to always fight away from her. So you can spin into vlad auto attack him, he will q, then e + w to disengages and you still have spin you can look for an allin on pyke if you start trades with an auto attack him, he will q, then e + w to disengages and you still have spin you can look for an allin on pyke if you start trades with an auto attack him, he will q, then e + w to disengages and you still have spin you can look for an allin on pyke if you start trades with an auto attack him, he will q, then e + w to disengages and you still have spin you can look for an allin on pyke if you start trades with an auto attack him, he will q, then e + w to disengages and you still have spin you can look for an allin on pyke if you start trades with an auto attack him, he will q, then e + w to disengages and you still have spin you can look for an allin on pyke if you start trades with an auto attack him, he will q, then e + w to disengages and you still have spin you can look for an allin on pyke if you start trades with an auto attack him, he will q, then e + w to disengages and you still have spin you can look for an allin on pyke if you start trades with an auto attack him, he will q, then e + w to disengages and you still have spin you can look for an allin on pyke if you start trades with an auto attack him, he will q, then e + w to disengages at the pyke start trades with a auto attack him, he will q, then e + w to disengages at the pyke start trades with a auto attack him, he will q, then e + w to disengages at the pyke start trades with a auto attack him, he will q, then e + w to disengages at the pyke start trades with a auto attack him, he will q, then e + w to disengages at the pyke start trades with a auto attack him, he will q, then e + w to disengages at the pyke start trades with a auto attack him, he will q, the pyke start trades with a auto attack him, he will q, the pyke start trades with a auto attack him, he will q, the pyke start trades with a au Tempo Runes and Build. While fighting against Aurelion Sol, make sure that you are moving in between your auto attacks so that you don't get hit by his stars. Dorans shield potion start. Look to sidestep her E when she casts it, if you dodge her E that can be a very good time to force a trade. Tryndamere has pressure against Sylas level 1 and level 2 and can look for all ins early. Anivia is a very annoying champion to lane against. Even Lethal Tempo Runes and Build. She does not have the damage alone to kill you but she can set up for jungle ganks pretty well so be aware that you might get camped top. When you choose to trade with kayn, look to make it an all in. Before her first back though if she starts running out of mana because she is trying so hard to push you out of lane, then try to keep her from backing. Major Fleet Footwork Runes and Build. Mid-late game splitting against Jhin can be hard if he goes a build with swfities and a lot of movespeed but as long as you hit your w slow and have cdr you should be able to stick onto him 1v1. Major Lethal Tempo Runes and Build. You want to kill her in a single all in if possible. TP + Flash Darius with aftershock can be abused early if you take ignite, whether he starts q or w is irrelevant because your allin can be stronger then his so look to build fury and get level 2 first and all in him Trundle's pillar can knock you up but it does not CC you meaning that you can actually spin away or towards trundle while being knocked up. If you are up against brand in the mid-late game splitpush, you can look to dive him pretty easily. Akali has very strong short trades and it is very hard to all in against an Akali because of her shroud and her shuriken flip. Something an aftershock singed might do is proxy your wave behind you. If you aren't playing well around his barrels, you can look to use your superior mobility out of combat to roam and flank his team after shoving him into his turret on the split. Ziggs has good poke, but is mostly immobile besides his satchel charge, his W, which has team after shoving him into his turret on the split. a 24 second cooldown. He can have up to 5 soul shards and if he has all 5 his ultimate will deal maximum damage. If you avoid being cheesed by both of those and are able to play the matchup straight up you should win the early laning phase. The best way to beat a rammus is by committing to an allin when his W is down. If you let kayn take short trades with you he will get to his form where he can fight you a lot better way more quickly. Make use of your superior mobility to lissandra because corki will face you when he shoots his rockets (or q) so usually time your w to cast it when he rockets +autos you then turns around to kite away. If Nidalee builds AP, then she will be fairly squishy but will have high burst so make sure not to miss your ultimate. She has no waveclear, not enough poke, cant farm well. Make sure when you spin onto Lulu that you damage lulu with your spin and place your character in between Lulu and her escape path (usually her turret) that way she has to walk around you to get away, or kite in a different direction that doesn't benefit her. Sion matchup is all about looking to force extended trades. Hecarim usually doesn't take flash top lane so you can use your flash advantage along with your ignite to get early kills on him. At level 4 you do have opportunities to trade/allin the olaf assuming you kept your health pool pretty high. One thing to note is that if she hits her E on you, you will take bonus damage from her auto attacks. Extreme Lethal Tempo Runes and Build. Darius with Q start is strong for early clear to get level 2 first, Darius with W start will look to take trades with you when you walk up for minions. If the game relies on you being able to beat fizz in the 1v1 to win the game at 5-6 items you can itemize into a maw of malmortius or a spirit visage for extra magic resist so he can't one shot you where fiora can easily hit it) then you can reset the vital position by walking out of fiora's range, which is pretty far but usually can reset it atleast for the first minion wave. If you want you can try to take multiple spin + 1-2 auto trades with him so that you can try to dive him without having to use your ultimate to kill him. The fleet proc will give you extra movespeed to stick to him as well as the sustain to deal with a ranged champion. You want to build up fury, once you have built over 25% fury is usually when you can be aggressive and look for a trade. Post 6 you can look for allins on heimer however you need full fury and close to full hp to look for it, also you need to take out heimer's turrets before going after him or else he will burst you very quickly and kite around his turrets while you are ultimate advantage and run him down afterwards. Annie has VERY weak base stats so if she doesn't poke you hard enough and you have a good amount of HP/Fury to trade with (assuming she doesn't poke you hard enough and you need to always look to start trades with an auto attack or wait until he q's minions to look to spin on him. If you look to start trades with an auto attack though, you can walk up and auto minions as its pushing back to you, but if she looks to trade then just walk up and spin away from the minion (while killing it to get the farm.) In this matchup you want to make sure you are always trading with minion advantage and that you are in a good position in lane to force an extended trade. Post 6 you can pretty much all in MF whenever you want. Get level 2 advantage first. What extending her q means, is that if she uses her Q, and waits till the very last second to use her 2nd and third q's then she can go instantly right into another set of q's. Post 6 when you have a good amount of fury and hp if he overextends in the lane against you, you can run him down with your ghost + flash and win in a single all in. Tips to avoid damage, 1. Ignite + Flash or Ghost+ Flash. Either a maw of malmortius or even a spirit visage would do wonders against him. Swain has really good poke, but you can get good trades on him every time he misses his E or wastes his W. Shen gets an ultimate which is USELESS for a 1v1 and Tryndamere gets 5 seconds of being unkillable. You can force all in trades even from level 1 with the lethal tempo activation. One tip for pressing R on time against Rengar is positioning your character when he is ulting towards you in a spot where you can see where he is jumping from. We have a 50 second window to kill her with an ultimate advantage if we wait for our ult to come back up. Veigar's E cooldown level 1 is 18 seconds while your spin is a 12 second cooldown level 1. UPDATE FOR 9.14, Tahm kench got SIGNIFICANT nerfs and is no longer a hard matchup, but still can be annoying to deal with. DO NOT FOR ANY REASON TRY TO FIGHT TRUNDLE LEVEL 1 EVEN IF HE HAS NO ITEMS OR HE HAS NO ARMS. The center line of his W does true damage so do your best to completely walk out of his w or at least dodge to the side to only take physical damage. It can be hard to stick on top of janna with her knockup on her tornado and her slow with W. He is also very squishy with high cooldowns. Look to back off when his empowered q is almost up (when is bar fills all the way up.) With vlad's empowered q he gains movement speed, bonus healing, and damage but he has to use the empowered q within 3 seconds. This is hard in a solo lane because you can always use minions to block his q and trading within a minion wave is no problem for Tryndamere. Dueling her in the late game when she has the power to one shot you with items and then zhonya can make it pretty difficult on you. You can start looking for allin trades with shen around level 4 (unless he wastes his q level 1 and 2 for farm instead of using it to trade with his W and then taunt through you back to his turret, so in this matchup when you are going for an allin DO NOT position between Shen and his escape path if you dont think 100% sure you are killing him. Then spin on him and auto attack while moving towards his turret to extend the trade as much as possible. Use your spin to avoid Vel'koz's E if it is available. Punishing cooldowns is the best way to handle a ranged matchup like karma. If you trade with her charm up look to dodge it (spin in and then juke to the side). Long sword refillable potion start or Dorans Blade start. You beat Twitch in a 1v1 at every stack on his q, his q cooldown gets reduced and he gets more damage. Be very stack on his q, his q cooldown gets reduced and he gets more damage. team is heavy magic damage then merc treads is also a good option. Then if he walks back up while you can look for an allin. Zilean has great disengage and crowd control against Tryndamere but if you manage to avoid his double bomb CC, then you can usually get good short trades on zilean. You can usually get a really big lead on a khazix in laning phase just because he typically isnt a top lane champion. Mid-late game katarina has a really hard time dealing with us 1v1. You have extra sustain with fleet and second wind + revitalize if you didnt find a successful trade against her. Avoid damage by using the brush to hide your character while waiting for minions to get low enough to farm. Once Yasuo is 6 items it becomes a very even 1v1 even away from minions. Diana is mostly immobile so you can run her down the lane for an all in which you will win assuming you have a good amount of fury/hp. Leblanc doesnt have the best waveclear so she might be slow to respond. The reason we take grasp is to help us get an advantage early. The way you beat gragas in laning phase is by outsustaining him (usually his mana pool) before he gets iceborn gauntlet (or another mana item) or if you can maybe burst him down with ignite as well. Make sure if she is holding you that you look to pressure her because if you look to roam she can follow up easily with her ultimate. In the mid-late game you can split against zoe and win the 1v1, just pay attention in case she picks up an extra flash or anything with her W. Your runes/build will sustain you if you take a bad trade and you will outscale Lulu in the 1v1. So if you catch him out of lane, you can all in him pretty easily. You want to farm in this matchup early. To avoid damage from yasuo's q walk inside his q range, then instantly right back out to bait out his q and dodge it. Tryndamere's Ghost + CDR will help him all in a riven but must pick a good spot preferably with rageblade stacked as well as full fury and ghost ready. You can take short trades into Karma if you are able to build up fury without taking too much damage and maybe her q or w are on cooldown. Her damage is low and she needs time to scale. Long sword refillable potion. By late game you will have enough damage to all in him, if he itemizes deaths dance and blade of the ruined king make sure you get executioners. In the mid-late game if you are splitting against her, she has really good disengage and waveclear however she does not have the mobility to follow you if you shove her in then rotate to flank her team. If the enemy team has multiple forms of crowd control besides Annie feel free to build merc treads. When you trade and look for an allin do not start with your spin. Please enable JavaScript or switch to a supported browser to continue using twitter.com. If you can, swap with your mid laner (if your mid laner can handle tahm kench) as you will most likely have an easier time against any other opponent than tahm kench) as you will most likely have an easier time against any other opponent than tahm kench. very tanky. If you are splitting against Braum in the mid-late game and he is too tanky to dive, then just ignore him and hit turret or out rotate him with your superior mobility. In the mid-late game you can duel renekton 1v1 outside his turret range past 3 items if you didnt fall massively behind from early game. Gangplank with grasp has a really good early game into Tryndamere. But if you do want to set up an allin for a kill this is how you do it. You will win vs xin zhao in the mid-late game split push very easily. Ignite + Flash. If she takes ignite or something like that to cheese you early on you can farm up while trying to avoid damage until 6 and then outscale her. Olaf has really good all in with the axes and he can potentially just run you down the lane if he hits more then 1 in a row. In the mid-late game if you effectively shut down Nasus you can maintain pressure on him and/or rotate to flank his team while he tries to get back in the game. Even from early levels Nautilus will struggle against you, but he has a large amount of crowd control in his kit to set up ganks for his jungler so be paying attention to where the enemy jungler can be on the map. This lane is about SURVIVAL. Once gnar hits level 3 if you havent gotten enough damage on him to look for a kill then just farm. Look for opportunities to trade with varus early levels because he is very weak early compared to tryndamere (in terms of stats.) If he pokes you hard stay back and sustain up. Ive found it to be a better option to just shove in and force a rotation out of her by looking to flank her team, and then get neutral camps or rotate and flank the enemy team while akali has to deal with your wave that you just shoved. Tryndamere outscales rumble in the mid-late game heavily in the 1v1, rumble's only hope is to hug turret and try to kite out a dive or to group with his team and force a play before Tryndamere can pressure. Do not look for fights or trades with tahm kench. Look to farm out the early game and avoid damage when possible. He has decent disengage with his jump, but his jump is a long cooldown. The way to beat anivia in forcing her to use mana. Post 6 this matchup becomes extremely easy and you should be able to 1v1 basically anytimeters. post 6. Look to hold the wave close to your turret to give you the most room for an all in on him. Veigar's cage is the only thing stopping you from running him down the lane. Usually Lulu will polymorph you when you spin on her then q you after the polymorph is over. If you greed for too many minions and get pushed out of lane and fall behind in levels it can be hard to catch back up, but if you stay even in levels and fall heavy in farm you can outscale him later. So if you dodge her E or if she e's on a minion that can be a good time to trade with her. Tiny Do people actually think this is a champion? Extreme Fleet Footwork Runes and Build. Be careful when pushing close to Mordekaiser's turret because if he pulls you into turret range that can be a way that he beats you. Tips for avoiding skillshots, think about his cooldowns preemptively and if they are available look for the cast animations. In the mid-late game splitpush the 1v1 is pure skill on both sides. So while you are blinded pay attention to the white CC bar under your resource bars to see when his blind will run out, keep on top of teemo and don't auto attack until the white bar has COMPLETELY elapsed. We should look to farm up and play away from wukong. In the mid-late game split push MF cannot hold you 1v1. Early game against Akali you want to mostly look to farm, if you have an opportunity to trade with high fury/hp level one, that is probably your only chance for a solo kill in this matchup. So to get a lead in lane, look to be aggressive, punish w cooldowns, manipulate the wave so its on your side of the lane so you have more room to run him down with (or see up a jungle gank.) Extreme Lethal Tempo, Triumph, Legend Tenacity, Last stand + Boneplating and unflinching. When you can really force lissandra to use a lot of mana and you can sustain back up with your q and healing from runes by spinning in for short trades. If you have taken too much damage usually you do not want to go for the ranged minions because they are closer to the Jayce that is pressuring you and Jayce can deal a lot more damage to you going for ranged minions then he can while you are hitting the melees. It is in your best interest to wait until you have a bit more damage with your tiamat before looking to force trades against her. Ghost + Flash or Ignite + Flash. Biggest thing about this matchup is that you dont give him a way to take a heavy trade with you can SETT him up to be ganked easily. If you find yourself having to 1v1 against a leblanc, look to shove her in and try to outrotate her. Xayah has good disengage with her feathers and because she is ranged she can harass you early. If you want to cheese a fiddlesticks top, you can even take cleanse in this matchup to get rid of his fear and all in him. Orianna has really good ranged harass and zone with her ball, however; she is immobile. Udyr top has really good early damage with tiger stand and stuns with bear stance. Long sword refillable potion start. When diving xayah, look to try to avoid the root with her feathers after she ultis. 5-6 item tryndamere CAN (if camille isnt playing perfectly) outscale camille in the 1v1. If Lee sin uses his ulti and doesnt burn your ultimate that is a HUGE advantage for you. Vladimir's W is a 28 second cooldown level 1. Riven players that know the matchup will typically play back after you have built up fury so what you want to do is get level 2 advantage by pushing in the wave "bounces" back to you (pushes back towards you.) If you couldn't find a good trade into riven on the first two waves just play back and safe until the wave crashes back into your turret. With your W slow, one tip I have is using the w after he has kited out of your auto range and is out of bullets and is reloading. Save your W against rengar until he has used his empowered ability if you are looking to allin because his empowered W can remove crowd contro (including your slow.) You outscale Rengar in the splitpush in the mid-late game, just be careful when he ults for you that you press R on time. Learn moreTierA-Win rate48.8%Pick rate3.6%Ban rate11.3% Tryndamere RunesTryndamere Top Rune Build50.9% WR (11,057 Matches)Summoner Spells49.35% WR (38,035 Matches)Skill PriorityQEWSkill PathMost popular ability leveling orderQBloodlustWMocking ShoutESpinning SlashRUndying RagePBattle FuryStarting ItemsBest for most matchupsMythic & Core ItemsFourth Item OptionsFifth Item OptionsSixth Item OptionsStarting ItemsBest for most matchupsMythic & Core ItemsBuild this every gameFourth Item OptionsOptions after core buildFifth Item OptionsOptions after core buildFifth Item OptionsSixth Item OptionsSixth Item OptionsSixth Item OptionsSixth Item OptionsSixth Item OptionsOptions after core buildFifth Item OptionsSixth Item OptionsSixth Item OptionsOptions after core buildFifth Item OptionsSixth Item OptionsSixth Item OptionsOptions after core buildFifth Item OptionsSixth Item OptionsOptions after core buildFifth Item OptionsSixth Item OptionsSixth Item OptionsSixth Item OptionsOptions after core buildFifth Item OptionsOptions after core buildFifth Item OptionsSixth Item OptionsOptions after core buildFifth Item OptionsOptionsOptionsOptions after core buildFifth Item OptionsOptionSoptinSoptionSoptionSoptionSop points in your W, the w slow is usually enough to stick on top of him even after his stun. When farming under turret while he is pressuring you, you do not have to go for every single minion. Check out the gameplay of me vs tfblade jax to see how to trade effectively in the jax matchup If you are winning the splitpush make sure to put pressure on jax at the same time as your team (if you put pressure on him before your team pressures they gonna goon squad you.) If you want to check out this video Extreme Lethal Tempo Runes and Build. Make sure to use the brushes to hide your champion while you wait for minions to get low to avoid damage while farming in the early game. If Aatrox gets really far ahead, look to farm up and outscale with 40%cdr and 100% crit, if you guys are roughly even in gold you should win. If you guys are roughly even in gold you aren't in a position to dive/force trades against her, then shove the wave into her and outrotate her. In the mid-late game Tryndamere will usually win the 1v1 as long as he is even with Master yi. Kindred doesn't have enough range early to put enough pressure on you. A good tip against Irelia is to fight her away from you if she doesn't have enough range early to put enoug throw his boomerang so try to time your w slow to cast after he uses boomerang + an auto attack to guarantee you will hit it. Kaisa has pretty good poke damage early on her E. Vladimir usually takes phase rush in this matchup so you have to take consistent short trades against him, it is really hard to force an allin against him unless vlad wastes his phase rush before you commit to him. In the mid-late game against an evelynn jungle you have to be really cautious about dueling your top lane opponent (unless u can 1v2 of course) just because most evelynn players try to take out the split pusher first before joining the rest of the team Mundo is very good at farming from range and staying safe, but if he ever walks up to auto attack minions for farm you can look for trades. In the mid-late game he cannot hold you 1v1. For the most part you are going to be looking to farm this lane out because she does a very good job of kiting away from you. This is a huge change from season 9 where you couldnt get nimbus cloak activations until 6 and even then it was only at the last second when you ulted. With your W, make sure you keep in mind that a good time to cast it will be after he dashes away, auto attacks you, then kites back. You can heavily outsustain kassadin in short trades, and if he is on your side of the lane he has no mobility pre 6 so you can run him down. If you are forced to ult before she ults remember that kindred's ulti lasts .25 seconds longer then the animation shows so wait just a little bit longer before trying to burst her at the end of her ultimate. It is always best to fight Yasuo away from your minion wave. Typically post 6 if you are able to engage on him and dodge his tornado in the all in you will win by default because he cannot ulti. Once you get tiamat you can start looking for aggressive trades into him. Ignite + Flash darius with conqueror you basically just let him push you in and only farm don't trade. we can trade into her after building a little bit of fury with a spin and 1 or 2 auto attacks and back off. With lethal tempo + ignite you have really good all in pressure on her even from early levels. Darius can use multiple keystones, starting items, and starting abilities. J4 has decent short trades with his shield and passive auto every 10 seconds and has good burst but struggles heavily vs tryndamere's sustained damage. She is a tough lane bully to play against and in the mid-late game she can knock you back and if you get hit into a wall it deals double damage and stuns you. In the mid-late game splitpush Kogmaw cannot deal with you 1v1. In the mid-late game if garen built tanky it can be hard to dive him under turret so look to catch him away from his turret, or if he is playing really safe then shove him in and outrotate him with your superior mobility. If you do see ornn building the item by damaging him. If you can, try to force viktor to back before he has enough gold for his first core item (the one that enables him to get more of a shield and speed boost on his Q.) If you are able to do this you can have pressure on him post 6. Yorick's wall has a 20 second cooldown level 1. With the new build setup, the double dorans will give enough sustain and hp so you dont get 100-0'd. However if you dodge enough Q's and are able to build up fury you can trade a bit. He can all in you very well and he wins short trades and extended trades. Look to farm safely early and avoid damage by using the brush and staying within your minion wave so that when he trades into you he is also shoving the wave in. If you feel you cannot dive him, try to push in and outrotate him with the insane mobility Tryndamere has and look for flank opportunities to start a fight with a man advantage. If you are able to get on top of her even early levels you can crush her in trades. His Q reduces your attack damage, gives him an auto reset, can proc his pta or conqueror faster and will grant him attack damage and is on a 4 second cooldown. After tiamat, you can just spin auto attack tiamat for a good trade then back off. Stay away from the brush early game. Varus's auto attacks apply a passive which enhances the damage of his next ability that he hits you with, so be careful about being bursted after he has stacks on you especially when trying to time your R. Galio can get pretty tanky in the mid-late game but usually Tryndamere with full fury and items can still 100-0 dive a Galio under turret just because he can't kite away very well. Pyke does not have good waveclear and cannot all in Tryndamere. If it is pure 1v1 though you should always look to pressure Shen and look to get him low enough so you can dive him. You can also take advantage of his W cooldown which gives him a lot of lifesteal and attack speed to look for trades if he wastes his w. Can look to spin in and burn her ult and then back out if you think you can do it without having to use your own ult to get pressure on her. Also what you can do is use your ignite a second or 2 AFTER sylas uses your ultimate and then ignite him and run away. Sejuani doesn't have the best kit for farming under turret, so if you want to build tiamat in this matchup that could be a good option to shove her in constantly. Ashe doesn't have the tools to stop you 1v1 in the mid-late game. In the mid-late game you can fight twisted fate away from his turret assuming that you have already built tenacity or QSS, but under turret can be a bit difficult without getting some poke damage on him first. Also if the skarner builds a lot of cdr be very careful trading with him close to his turret, he can E then pull you under turret, auto attack to stun you then e and auto attack to stun you again for a 4.5 second CC chain (that + turret dmg = u dead) Minor Fleet Footwork Runes and Build. Early game look to build up fury without taking too much damage from his E (his empowered auto attacks) then look to trade. Can look for heavy trades/allins early with your spin + nimbus cloak activation with your summoner spells. Do not use your w slow on ryze until his phase rush is on cooldown because it would just be a wasted animation. Your best bet is to shove in and out rotate qiyana, and force things to happen away from her. Look to dodge skillshots by juking to the side after walking up and w slowing him or buffer his stun with your spin (you can auto attack through cc if you time your auto correctly.) You should be able to run him down if he extends too far in lane. Galio does have a semi-global ultimate to help his team out so make sure that when your team is pressuring an objective that you are pressuring Galio at the same time on the split to prevent him from helping his team. Walk up into his body and spin away so that you deal the spin damage on the way out. Vlad's w and E cost him health so if you force his W, that by itself is a really good trade. Skarner can get pretty tanky and deal a good amount of damage with conqueror + trinity force however Tryndamere has more out of combat mobility as well better farm and waveclear. Dorans Shield Start. Look to outsustain her mana pool to beat her. Ignite before he uses his ultimate if you have it available that way you can cut down on his healing that he gets from his ultimate. The melee minions and cannon you should always look to get but the ranged minions are further from your turret where lucian can deal more damage to you, and ranged minions are further from your turret where lucian can deal more damage to you. cannot proc his passive so make sure you put very good early pressure on him. You want to get early advantages on Rammus because in the mid-late game splitpush Singed can kite pretty well and do a good amount of damage with Rylais, but once you get max level W he won't be able to kite you anymore and you just straight up win. If Leona takes aftershock just auto attack + spin away after she procs aftershock, then reengage when her aftershock, then reengage when her aftershock just auto attack + spin away after she procs aftershock, then reengage when her aftershock just auto attack + spin away after she proces aftershock just attack + spin away after she proces attack + spin away after she pr easily. Cleanse + Flash. He can force a trade on you if you are overextended and 100-0 you without you being able to fight back effectively. Ghost + Flash. In the mid-late game split push it can be hard to dive Morgana because of her crowd control + zhonyas, but we can use our mobility to outrotate morgana to a fight after shoving her in. If you burn her ultimate without using yours, you can back up and then reengage on her with your spin when her ulti is on cooldown. Galio can look to disengage by knocking you up and then walking away but if you were able to save your spin or reset it before he disengage by knocking you can back up and then reengage on her with your spin or reset it before he disengages then you can stick on top of him. So use your W in between when he is casting either of those abilities. In the mid-late game you will win allins vs Jayce in the 1v1 even when diving as long as you have ghost up and he doesnt have flash advantage on you. TF's Gold card cooldown is a 6 second cooldown so you have ghost up and he doesnt have flash advantage on you. against him after about 3 items as long as you have full fury/hp when you fight him. Or catch zilean out away from his turret to burn his cooldowns. In the mid-late game you want to catch sylas out away from turret so you can beat him 1v1. When Mordekaiser ults someone else, his location will be revealed by a floating red dot so if you are looking to chase him down, make sure you follow the dot. Early trades against camille can be pretty brutal with her passive that gives her a physical shield on auto attack with a 16 second cooldown. The best way to set up an allin on Rakan is by manipulating the wave so its closer to your turret, which will give you more room to run him down. What I like to do sometimes against Irelia is dive them 100-0 right after they have killed my minion wave so that they can't kite away. Merc treads and/or tenacity on your rune page is pretty good against him because it works against him because against him him, resetting your spin and chasing him down through his phase rush with your second spin, but it is nearly impossible to dive him 100-0 as long as you dodge his knockup from his e+q or if you have summoner spell advantage. Zoe cannot kite you if you cleanse her sleep bubble. It has a very long cast animation for his ult coming down. Even if you lose out on the trade, you have sustain and jinx doesn't. (Or if Galio just leaves just get turrets/inhib) Major Fleet Footwork Runes and Build.









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