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Video version:

[In-Depth Protection Warrior Guide for The War Within M+ Season 3!](#)

Note: M+ tanking is a problem that doesn't have one unique solution. I highly recommend looking at what others do as a guide but trying to think of things on your own as much as possible. Also this guide will probably be updated a lot in the future as we learn things. If something is wrong here feel free to contact me!

### How good is prot warrior in 11.2?

Prot warrior got another rework going into season 3, with a few talents being moved around but spellblock being completely removed. We definitely gained a few talent points and have two extremely good tier sets, however the lack of spellblock is definitely felt in a few dungeons.

### Talents

Default build - Thane (execute):



CkEArbixk/ZKwTdpZGVHeyImL02AAAawYmZmZmxMmNjZZwYMiZZMDjlxMzw2MzYGYAAA  
AAAAjBAmxGgBbbzYWW2GNzMMDLzWjZ2YMzA

(Colossus):



CkEArbixk/ZKwTdpZGVHeyImL0yAAAawYmZmZmxMmNjZZwgRMLzMDjlxMzwyMzYGYAAA  
 AAAGlxAAzYBwgttZMLLbjmZGmhiZrxMLwMD

After some PTR testing, Mountain Thane is significantly stronger at doing damage than Colossus. Depending on how hard the keys are to survive, Colossus could also be a decent choice thanks to higher uptime on shield wall from the immovable object talent and significantly better self sustain from fueled by violence synergies.

**Choices:**  
**Class tree:**

There are a few flex points here. Rally, fear, fleet footed, and intervene all have their uses. Bounding stride, honed reflexes, and double time are all droppable if needed, although I play them by default.

**Spec tree:**

Execute package - In my opinion the 2 execute talents worth playing are sudden death and heavy handed. If you choose not to play them then you can take bloodborne and whirling blade/ravager instead. The other two execute talents will be fine in raid but not worth in M+.

If you don't need disrupting shout it can also be dropped for best served cold or armor specialization (it is a lot more free to take in season 3 thanks to the rework)

If you need hunker down, whirling blade is probably the best choice to drop.

As colossus I would never recommend dropping fueled by violence - as thane brutal vitality should perform better but fueled is also OK.

## Stats

Colossus - Prioritize crit and haste up to first dr (21k each) then equal crit/haste/vers. Avoid mastery.

Thane - Prioritize haste up to 21k then equal crit/haste/vers. Avoid mastery.

Crit has a higher priority as colossus due to hero tree talents as well as the tier set proc'ing only on crit shield slams.

## Trinkets

Prot warrior is unlike other tanks in that the defensive benefits from main stat is quite high, which means a lot of the usual suspects for tanks are off the table. IMO the best trinkets for prot warrior in keys are:

Astral Antenna (hotfixed since video)

Brand of Ceaseless Ire

Unyielding Netherprism

So'leah's secret technique

Ara kara Sacbrood

Improvised Seaforium Pacemaker

Brand of Ceaseless Ire is going to be the best damage wise, but it does represent a loss in strength so it should be worse for survivability.

Unyielding Netherprism is potentially playable (use with avatar)

Ring of ritual mud may be required for some difficult bosses (like floodgate) but I would not default to it.

All-devouring void is not recommended for prot warrior since you already have BSV and it represents a massive loss in damage and a small passive survivability loss.

## Embellishments

Sword/shield are great early season crafts for a boost in ilvl + power (symbiosis + writhing armor band). In endgame setup you may swap to something with a 678 weapon and double dawn/duskthrea. Embellishments in general are much weaker in TWW than in dragonflight so don't sweat it too much if you have the "wrong" ones.

## Cooldown Overview

**Avatar** - This is our main cooldown, slam it off cooldown since it gets so much cdr from anger management. It procs shield wall as well with immovable object so you can occasionally hold a few seconds on tough bosses to make use of that.

**Demoralizing shout** - Use off cooldown. If you don't have thunderlord (I recommend playing thunderlord) then you should also line this up with thunderous roar and shield charge. As colossus try to line it up with demolish as well.

**Shield wall** - This also has a short cooldown thanks to anger management + whatever talent you chose in the spec tree. Very important to use before damage happens since you have low self healing. This also procs avatar with immovable object so you can use it before demolish if you don't need the extra charges.

**Last stand** - This is just a 3minute cd heal / max HP boost, use if you're about to die but it's not really useful otherwise.

**Spell Reflection** - Using this well is crucial since magic damage hits that actually land tend to hurt prot warrior a lot. Be aware of what you can and can't reflect. If you can't reflect sometimes you can still use this as a flat magic DR. Also good to be aware of the cooldown of any reflectable busters so you can game it by kiting/using cc in order to get more reflects in. When using this on interruptible bolts try and communicate when you're going to reflect so your team doesn't interrupt (never works btw).

[https://docs.google.com/spreadsheets/d/e/2PACX-1vQQCkBEkOadsvO4sTphB1RwzC6Z\\_3kq00IFaBrCk5Eagz2Jeoox7D7Rk3XwXMINbh4IUg9Vr-3RgoB2/pubhtml#](https://docs.google.com/spreadsheets/d/e/2PACX-1vQQCkBEkOadsvO4sTphB1RwzC6Z_3kq00IFaBrCk5Eagz2Jeoox7D7Rk3XwXMINbh4IUg9Vr-3RgoB2/pubhtml#) - reflect spreadsheet by sense

**Thunderous Roar / Champion's Spear / Ravager** - You want to send these off cd for damage (ideally in avatar). They also give you a lot of rage so you can spam more ignore pains when they are active.

**Battle-scarred Veteran** - When this is off cooldown you can play a little bit more loosely since it's basically impossible to die through it and it only has a 3 minute cooldown. Sometimes it can be worth overusing cds to protect the cd on this in case you want it for the next pull.

## Defensive rotation

**Basic mit** - Make sure shield block has full uptime. If it's ever down then you may need to kite or use externals / shield wall / cheat death to compensate. Other than that, you want to be spending almost all rage on ignore pain. Be aware of your rage gen at the moment (target count, troar / ravager / champion's spear uptime, avatar, etc) as this affects the rate at which you need to use ignore pain without overcapping rage.

It's also worth noting that prot warrior suffers more than any other tank from getting hit in the back since shield block is such a large portion of our mitigation - it is very important to always move in a way that you don't get hit in the back.

## Cooldowns

Avatar on pull (or wall) -> demo shout when grouped-> re-assess, if it's a hard pack then you can use another cd (last stand / other shield wall / spell block etc) after demo shout falls. Do your best not to overlap anything with battle-scarred veteran if you notice it proc'd or will probably proc.

## Offensive Rotation

Execute (80+ rage or 2 sudden death charges) > Shield Slam > Thunder Clap (apply rend) > Execute (sudden death) > Revenge (free) > thunder clap (thunderlord) > Execute > Revenge (not free) > thunder clap (no thunderlord)

If you are in execute or taking a lot of damage you can replace Revenge (not free) with execute or afk (you don't want to spend on revenge if you will die to not having ignore pain). Also don't prioritize execute in AOE unless you have heavy handed.

Colossus - Use demolish at 10 stacks of colossal might in avatar as highest priority, try to line up with demoralizing shout.

Mountain thane - Prioritize thunder blast over revenge (free) and thunder clap over revenge (not free).

Try to use thunderous roar and shield charge off cd as well.

## Using your utility

### AOE/ST stops

We have shockwave, storm bolt, intimidating shout, and disrupting shout which is quite a package - make sure to take advantage of that. When using them on interruptible abilities try and do it when everyone's interrupts are on cooldown.

### Ally-targeted

Intervene is very strong against certain mob abilities.

Rallying cry should be used only if an ally will die (otherwise it does nothing since the max HP is lost when it falls off). Can sometimes hold global to see if it will be needed.

## Random tricks / macros

1. Intervene target of target - You can use this to intervene whatever a mob is targeting without having to deal with frames.

```
/cast [@targettarget] Intervene
```

You will want this on a separate bind since normal intervene is useful too.

2. Cast @cursor macros for random abilities so you don't have to click to target:

/cast [@cursor] ravager

/cast [@cursor] champion's spear

/cast [@cursor] Heroic Leap (i don't use this)

3. Demolish immunes most stuns and knockbacks, you can use this instead of running out to keep uptime if it's off cd against certain abilities.