



TEAM TORRES DERRY

STRENGTH & CONDITIONING GUIDANCE

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BJJ skill development should be the most important aspect of a BJJ practitioners training program.

The best way to get better at BJJ is by doing BJJ. Developing your skills at BJJ should be your primary focus if you want to get better. There's no secret, time on the mat is key. Technique beats strength. That being said we can do things away from the mat that will help in the long run.

Identify areas where they you are lacking and come up with a plan

Reflect on your current attributes. Identify areas where you are lacking, could be in terms of strength/power, endurance, mobility/flexibility or any combination of them.

For example, if your strong but find yourself gasing out, you don't need to lift more weights, you need to improve your endurance, usually by doing more rounds or endurance work such as running/cycling/swimming outside the gym. Maybe your cardio is fine but find you're being out strengthened, you could start a weight program to improve your power. Maybe your flexibility and mobility needs work, then that should be a priority. Maybe they all need work, on top of focusing on your BJJ skills, that's where the next point comes in.

Time considerations

Like anything in life, it is getting the time to fit this all in. If you're a fulltime athlete then this could be easy, training multiple times per day. For most this isn't the case, which is why you have to be selective with your time. Don't try to fit in a program for each of the areas above, try and come up with one that focuses on what is important for you, and crucially, one that suits your schedule and is maintainable.

High output/lower output and recovery days

This is one of the most important aspects of my training schedule I changed in recent years. Coming from a background in competitive powerlifting I was used to training hard and alternating days. So when I started training BJJ I tried to maintain this, with hard weight sessions on one day, tough BJJ session on alternate days and it was a disaster. I was not giving my body a chance to recovery, quickly picking up injuries.

Switching to high output/lower output days was a game changer. For example, my weight lifting days would be mon/wed/Friday which also happens to be my tougher BJJ sessions. This gave my body the chance to recovery. The other days I would still train BJJ but it would be more technique or situational sparring work while much lower output



WEIGHTS TEMPLATE

This simple x2 days a week program could be used as a template for someone to start off.

WEEK 1	Day 1- Squat and Press	Day 2- Pull and row
	Squat variation-(Barbell squat, front squat, belt squat) 3-5 sets of 5 reps @80%	Deadlift variation (trap bar, sumo, rack pull) 3-5 sets of 5 reps @80%
	Press variation- (Bench press, DB press, Floor press etc) 3-5 sets of 5 reps @80%	Row variation- (DB row, barbell row, lying DB row) 3-5 sets of 5 reps @80%
	Pull-ups or inverted rows – 4 sets of 10-15 reps	Hamstring exercise –(Hamstring curl, GHR, Still leg deadlift) 4 sets of 10-15 reps
	Weighted walking lunges -4 sets of 10-15 reps	Pull-ups or inverted rows – 4 sets of 10-15 reps
	Tricep dips- 4 sets of 10-15 reps	Bicep curls- 4 sets of 10-15 reps
	Cable Facepulls – 4 sets of 20 reps	Rear delt flyes – 4 sets of 20 reps
WEEK 2	Day 1- Squat and Press	Day 2 –Pull and row
	Squat variation-(Barbell squat, front squat, belt squat) 3-5 sets of 3 reps @85%	Deadlift variation (trap bar, sumo, rack pull) 3-5 sets of 3 reps @85%
	Press variation- (Bench press, DB press, Floor press etc) 3-5 sets of 5 reps @80%	Row variation- (DB row, barbell row, lying DB row) 3-5 sets of 5 reps @80%
	Pull-ups or inverted rows – 4 sets of 10-15 reps	Hamstring exercise –(Hamstring curl, GHR, Still leg deadlift) 4 sets of 10-15 reps
	Weighted walking lunges -4 sets of 10-15 reps	Pull-ups or inverted rows – 4 sets of 10-15 reps
	Tricep dips- 4 sets of 10-15 reps	Bicep curls- 4 sets of 10-15 reps
	Cable Facepulls – 4 sets of 20 reps	Rear delt flyes – 4 sets of 20 reps
WEEK 3	Day 1- Squat and Press	Day 2 –Pull and row
	Squat variation-(Barbell squat, front squat, belt squat) 3-5 sets of 2 reps @90%	Deadlift variation (trap bar, sumo, rack pull) 3-5 sets of 2 reps @90%
	Press variation- (Bench press, DB press, Floor press etc) 3-5 sets of 5 reps @80%	Row variation- (DB row, barbell row, lying DB row) 3-5 sets of 5 reps @80%
	Pull-ups or inverted rows – 4 sets of 10-15 reps	Hamstring exercise –(Hamstring curl, GHR, Still leg deadlift) 4 sets of 10-15 reps
	Weighted walking lunges -4 sets of 10-15 reps	Pull-ups or inverted rows – 4 sets of 10-15 reps
	Tricep dips- 4 sets of 10-15 reps	Bicep curls- 4 sets of 10-15 reps
	Cable Facepulls – 4 sets of 20 reps	Rear delt flyes – 4 sets of 20 reps