

SAMPLE TRAINING SCHEDULE

This example shows options for planning out your training for six days of the week. Use this as a guide to make your own training schedule that works around your personal schedule. I used different classes and workout times throughout the month to show the diversity of options when planning your training schedule. For example, if training in the morning is not possible, schedule your training sessions exclusively at night or on the weekends. If you would rather take your rest day during the week and train on Sunday instead, adjust your training schedule accordingly.

The key is to plan out ahead of time what will work with your schedule. When something comes up and we have to skip a training session for whatever reason, you have options to make that session up on a different day or time. This program is designed to start out easier, without too much hard training, then increases intensity and frequency as the weeks go on. You don't want to burn yourself out before the competition. Take additional rest days as needed if your body is feeling too worn down, you suffer an injury, or if you feel you may be getting sick. Listen to your body. It is better to take an extra rest day than to push through pain or sickness and potentially miss out on more training.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30pm BJJ 8:15pm Adv BJJ Technique and hard rolls.	6:30pm BJJ Drill strengths & weaknesses & light rolls	7:30pm BJJ 8:15pm Extra drilling and rolls during sub grap	10:00am 20-30 minutes running & Circuits	7:30pm BJJ Hard rolls	10:00am Sprints 100 push ups 40 pull ups Ab workout	Rest
7:30pm BJJ 8:15pm Adv BJJ Technique and hard rolls.	6:30pm BJJ Drill strengths & weaknesses & live rolls	12:00 Fitness Conditioning (circuits) 7:30pm BJJ 8:15pm Extra drilling during sub grap	6:30pm BJJ Drill and light rolls	12:00pm Fitness Conditioning (circuits)	12:00pm BJJ Drill techniques Live rolls	Rest
7:30pm BJJ 8:15pm Adv BJJ Technique and hard rolls.	12:00pm Sub grappling Hard rolls	7:30pm BJJ 8:15pm Drilling and hard roll during sub grap	10:00am Circuits & Sprints	7:30pm BJJ Extra live rounds after class	Rest	10:00am Sprints 150 push ups 60 pull ups Ab workout
7:30pm BJJ 8:15pm Adv BJJ Technique and hard rolls. Add extra live roll.	10:00am Circuits Sprints 6:30pm BJJ Drill & light rolls	7:30pm BJJ 8:15pm Drilling and hard rolls during sub grap	10:00am Circuits 6:30pm BJJ Drill and light rolls	11:00am BJJ 12:00pm Fitness Conditioning (circuits)	12:00 BJJ Drill and live rolls.	Rest
7:30pm BJJ 8:15pm Adv BJJ Technique and hard rolls. Add extra live rolls.	10:00am Circuits Sprints 6:30pm BJJ Drill & hard rolls	7:30pm BJJ 8:15pm Drilling and hard rolls during sub grap	10:00am 30 minutes running & Circuits	11:00am BJJ 12:00pm Fitness Conditioning (circuits)	10:00am Sprints 200 push ups 70 pull ups Ab workout 12:00 BJJ drilling and live rolls	Rest