

"BJJ Cardio Catalyst: Unleash Your Inner Warrior"



🛡️ Build Your BJJ Gas Tank

🛡️ Never Take Rounds Off Again

🛡️ Recover quicker, train more.

🛡️ Get hurt less

Stop Gassing Out During BJJ in 5 Steps

#1 The art of timing and tension

One of my coaches said, "BJJ is a lot of timing and knowing when to apply tension(strength)."

Knowing when to relax and when to apply your strength. Is a game changer.

This can mean the difference between gassing out constantly and being one of the guys who seems to have an endless gas tank at your BJJ gym.

Think of a new white belt, they have 100% tension all the time, in every situation.

The guys who has an endless gas, is not always because of their cardio..

But, this is due to their efficiency at BJJ.

If you're always tense, you are going gas and gas out fast.

I never want these posts, to seem like I'm exiting my lane of strength and conditioning and giving BJJ technique tips. I'm no expert at BJJ. But, I do know, that no amount of strength and conditioning will help if you are a complete spaz.

If you gas out, it may help to relax using so much strength, get your fundamental BJJ skills down, and learn when to apply tension, as well as when not to.

These are more topics to ask your BJJ coach.



#2 Build the aerobic engine

You need to build your aerobic base and fitness.

A quick assessment to do is to take your heart rate, first thing in the morning for a few days and see where it is at.

high 60s+, you're in rough shape and need to build your aerobic fitness.

If it's in low 60s-, you are probably in a good place.

If you don't know your aerobic system, is the one energy system we use most our life, it will give us better endurance, and recovery and even help us live longer.

Let's talk about how aerobic fitness impacts your recovery, it will improve your body's ability to recover in between training sessions and rounds.

If you can do a hard round and 60s later you are recovered, and you are going to get better rolling sessions.

Versus the guy, who can't recover well in the 60s and sits out too many rounds.

Better aerobic training = better recovery and stamina, which is why this is a great tool to build your gas tank for BJJ.

Here is how to build it.

To build the aerobic system we need to operate in a moderate intensity and keep overall blood pressure down.

This means keeping our heart rate in the 60-70% max HR range and using an exercise that is more cyclical in nature, jogging, biking, elliptical, rower, walking etc(also use joint-friendly exercise as well)

Another way to think about this intensity is you should be able to talk normally while doing this.

For most people, your HR should be in the 120-140ish range.

You want to also practice, what is called dynamic energy control, which is your ability to relax, focus on breathing and pace, to control your heart rate.

If you feel like you are getting winded on the air bike, can you mentally relax, and control your breath and your pace, to bring your HR down?

If you can do this in training/sparing, you're going to be in a great place.

Remember the higher our HR is in sparing, the more we will slow down, make dumb mistakes and our ability to think/react will go down.

How to program?

You want to do this style of training for 30-60 minutes 1-3 x a week.

You can certainly could pick 1 exercise and do that for 30 minutes.

I like to make it less boring by doing circuits like

- 2 min bike
- 2 min jog
- 2 min sled drag

- 60s farmers walk
- 0 rest repeat for 30 minutes, staying in the right zones

Another idea is to jump on a machine and watch TV shows or movies, just pay attention to heart rate.

Whatever you choose to do, make sure you just get it in.



#3 Train More BJJ

You have to pay the price.

You have to do more BJJ to get better endurance at it, if you are new and worried your conditioning is not where it should be for BJJ.

Of course, it is not. This takes time, you have to put in the work and time to build the technical skills and fitness qualities, specific to the sport of jui-jitsu.

Show up and make your classes consistently.

Don't take rounds off, if you want better endurance, you can't take a round off every time you are gassed out. Push through and focus on slowing things down, when you're exhausted.

Pushing, and doing rounds when you are exhausted can be a great learning opportunity.

Building the skill of keeping good fundamentals, when you are exhausted is going to help from BJJ and fitness stand point.

Don't skip sessions.

Don't sit out of rolling sessions, unless you have to.

#4 Get Strong

Being weak is a liability in a lot of ways.

One of them is if you are weak and everything you do, you have to exert a high percentage of your max strength.

This is going spike your heart rate, get you gassed real quick, and make it harder to recover in between rounds.

You don't have to become a bodybuilder, 1-2 days per week working on building strength with the fundamental moment pattern like

- squat
- single leg exercise
- hip hinge
- upper push
- upper pull

Is going to pay off, in a variety of ways. Muscle takes some time to build, but you may be surprised how much strength you can build with a little work.

Get strong and improve your cardio for BJJ



#5 Sleep/eating and stress



If you have competed and had to cut weight, you know how much a low-calorie diet, can affect your gas tank and cardio.

If you are doing all the right things, but your gas tanks still feels like garbage.

How is the duration and quality of your sleep?

Are you fueling yourself with the right stuff: **Protein, fruits and veggies, water and healthy carbs**. As well as sleeping 7-9 hours per night.

If you are dropping the ball on these things, you are leaving a ton of performance and cardio benefits for BJJ on the table.

This stuff can be the toughest to change, start with 1 health habit and develop it over time slowly, kind of like we do when we learn BJJ.

Over time you'll get better cardio for BJJ and become one of those guys, who never takes rounds off.

If you have any questions I love to hear from you and if you're looking to join BJJ strength and conditioning program , apply [here](#) to get started with me.

I want to leave you with some specific workouts to super charge your gas tank.

Are you sick of gassing out during rounds and looking for the best **BJJ Cardio Workouts** to improve your gas tank?

I'm going to give 3 cardio boosting workouts for BJJ.

I want totake all the guesswork out.

BJJ Cardio Workouts To Stop Gassing Out

How many days of cardio, do you need?

How many days, you need will depend on a a few things.

The first thing is your current BJJ schedule. If you train 1-3 days(BJJ sessions) a week, you could fit 2-3 of these sessions in. I would prioritize the 2 aerobic sessions because they have more upsides. But, if you train BJJ 4-8 sessions per week. Doing 1 aerobic session per week is plenty for most guys.

The second, thing is your current fitness level.



A quick test to see, where you are at, is when you wake up. Measure your resting heart rate. Do this for a few days and take the average.

High 60s+- Your conditioning is something you want to develop and it is vital to really spend the next 8-12 weeks, hitting 2-3 cardio sessions per week.

Low 60s – You are in a decent place from a cardio standpoint. Depending on how much BJJ you do.

I may do 1 cardio session a week. I would spend 4 weeks on each workout, before moving to the next workout for the following month.

Note, that if your Heart rate is low but your cardio on the mats, is horrible.

Consider a few things outside of the *BJJ Cardio Workouts, to work on.*

Your technique, your strength levels and your recovery habits.

Those are the big linchpins, then your actual conditioning.

The last thing to consider, when deciding, how much cardio to do is your overall stress.

Stress is accumulative, relationship stress, lack of sleep, work stress etc.....

These can all limit your recovery ability if you feel your life is very stressful.

I would focus only on the aerobic session for 1-2 x a week. Doing more than that and/or the hard session will do more harm than good.

Aerobic session

This is going to be the foundation of good cardio and overall fitness.

The aerobic energy system, is the system we use and rely on most in our lives.

If you want to live a long and healthy life, you have to take care of your heart.

This training will help your heart be able to pump more oxygenated blood into the rest of your body per pump.

This gives you better endurance, faster recovery and makes sure your heart rate doesn't go through the roof during training

These are moderate-intensity sessions, we are breathing a little heavier.

But, we should be able to talk normally.

Try to keep your heart rate between 120-150 beats per minute.

Your aerobic training workout

- Air Bike 25 Calories
- Rower 25 Calories
- Planks 30s
- Banded pull parts 20
- 20-40 minutes 0 rest

This is one way you can, do this style of training. There are a ton of other ways to do this as well.

Another idea is to jump on a machine and go for 30-60 minutes. Many people do this.

But, it is not my style.

The big thing to remember is to keep your heart rate in the proper zone and go for 30-60 minutes.

Aerobic StrongMan



This will develop your aerobic system just, like the last workout, but we are going to use heavy-loaded carries and sled/prowler work to build that energy system.

This will also help build muscular endurance and give you more capacity to hold position/submission for longer, without your muscles getting burned out.

The Workout

- Farmer Walk 100 feet as heavy as you can
- Backward sled drag 100 feet
- Forward sled drag 100 feet
- Rest 2 minutes 6-10 Rounds or 20-30 minutes

These are some of the funnest conditioning workouts to do.



Hard conditioning Day

This is the type of training everyone goes to first but without a good aerobic base and a decent level of strength.

You won't be able to do it properly and it won't be effective.

Without strength, you can't go as hard as you need to for this style of workout.

Without the aerobic base, you won't be able to do enough quality reps, for it to cause changes.

These are simple :

Go as hard as you can 5-15 sec with 60- 90 sec of active recovery. 6-12 total rounds.

My favorite exercises to these with are

- Prowler sprints
- Rope Slams
- Air Bike
- KB Swings
- Hill Sprints

The key with these is going as hard as you can.

Followed by enough recovery, so that you can repeat these high efforts.

Without enough intensity, you will not develop the power and explosive burst you need to dominate the scrambles.

But, without proper rest, you will not be able to have high-intensity sets and half your reps will be poor quality.

Don't think you are doing yourself any favors by resting too little.

These BJJ Cardio Workouts are great for building a huge gas tank. But, will help you recover better, so you can train more frequently and for years to come.

Do you need help?

I have a [BJJ Strength & Conditioning Coaching Program](#), where I help guys like you develop a body so can...

- Supercharge your BJJ performance
- Build an endless gas tank
- Recover quicker
- Get hurt less
- Add years to BJJ life

Go to fallriverpersonaltrainer.com

