
BJJ WORKOUTS TRAINING TEMPLATES





BJJ WORKOUTS TRAINING

Week:

Session #:

Date:

Total Time:

ACTIVITY:

TIME

Introduction, notes and discussions on today's training goal

Movement Preparation

• _____ : _____ : _____
• _____ : _____ : _____

Introduction of new techniques

• _____ : _____ : _____
• _____ : _____ : _____

Agility Exercises

• _____ : _____ : _____
• _____ : _____ : _____

Power & Strength Exercises

• _____ : _____ : _____
• _____ : _____ : _____

Cool down

• _____ : _____ : _____
• _____ : _____ : _____

Closing thoughts
