



WHERE THE STRONG BELONG



The Adonis Athletics Iron Grappler Program

A 12 week preparation program for grapplers to dominate their competition and become unstoppable on the mat

Firstly, I would like to personally thank you for downloading this guide. To save you reading too much and be able to get into the program I suggest you watch this video - <https://youtu.be/4rxgVpqtoc> - explaining what the program does, the logic of its setup and some given assumptions.

Before proceeding with this or any other exercise program please consult a medical professional and get clearance.

Block #1 – Building the Engine

Week 1:

Day 1

SPORT PRACTICE/TRAINING

After you finish technique work approximately 10 min should be actual grappling sparring of LOW intensity (heart rate of about 130bpm) – no particular structure in terms of work and rest periods, just general grappling/sparring. Work on setting up tactics and positioning and executing good technique.

Day 2

Explanation and instructions:

After you warmup, find a weight that allows you to do the required reps indicated. The difficulty should be tough but it should feel like by the time you reach the final rep you could have done 1-2 more reps but no more.

Once you find the right weight and perform the reps keep the same weight on the bar, rest only 15 seconds and do the next set (lower reps).

Keep resting 15 seconds and work your way across until you do all the requires sets.

Example:

24/6/6 means first find a weight where you can do 24 reps but it is pretty tough. Rest 15 seconds and do 6 reps with the same weight again. Rest 15 seconds and do another 6 reps with the same weight again.

On exercises where it's just straight sets (e.g. 3x12) just warm up to and find a weight that is tough for the required reps but you definitely still have 2-3 reps left in the tank. Keep the weight the same for every set.

Every week increase the weight of each exercise by 2-3%. No more. If you feel a little fatigued and cannot increase the weight then just adjust to a weight that is tough to do but you still have 2-3 reps left in the tank.

Exercise	Week 1	Notes:
High Bar Squat	24/6/6	
Bench press	24/6/6	
Romanian deadlift	3x12	Do this exercise as normal straight sets with 2-3min rest between sets
DB Military press	24/6/6	
Wide grip lat pulldown	24/6/6	
T-bar rows	24/6/6	

Cardio:

30 minutes of either running, airdyne bike or rower

Keep heart rate at 130bpm for the duration (use the heart rate monitor)

Day 3

SPORT PRACTICE/TRAINING

After you finish technique work approx 10 min should be actual grappling sparring of LOW intensity (heart rate of about 130bpm) – no particular structure in terms of work and rest periods, just general grappling/sparring. Work on setting up tactics and positioning and executing good technique.

Day 4

Same instructions as Day 2

Exercise	Week 1	Notes:
Deadlift	3x12	Do this exercise as normal straight sets with 2-3min rest between sets
Military press	24/6/6	
DB Bulgarian Squats	24/6/6	Finish all sets with one leg first then do the other leg
Incline DB press	24/6/6	
DB rows	24/6/6	
V-grip lat pulldown	24/6/6	

Day 5

SPORT PRACTICE/TRAINING

After you finish technique work approx 10 min should be actual grappling sparring of LOW intensity (heart rate of about 130bpm) – no particular structure in terms of work and rest periods, just general grappling/sparring. Work on setting up tactics and positioning and executing good technique.

Day 6

Exercise	Week 1	Notes:
Front squats	3x12	
Close grip bench press	24/6/6	
Hip thrusts	24/6/6	
Dips	24/6/6	
Seated cable row	24/6/6	
Underhand grip lat pulldown	24/6/6	

Cardio:

30 minutes of either running, airdyne bike or rower

Keep heart rate at 130bpm for the duration (use the heart rate monitor)

Day 7

Off

WHERE THE STRONG BELONG

Week 2:

Day 1

SPORT PRACTICE/TRAINING

After you finish technique work approximately 10 min should be actual grappling sparring of MEDIUM intensity (heart rate of between 140-150bpm) – no particular structure in terms of work and rest periods, just general grappling/sparring. Work on setting up tactics and positioning and executing good technique.

Day 2

Exercise	Week 2	Notes:
High Bar Squat	20/5/5/5	
Bench press	20/5/5/5	
Romanian deadlift	4x10	Do this exercise as normal straight sets with 2-3min rest between sets
DB Military press	20/5/5/5	
Wide grip lat pulldown	20/5/5/5	
T-bar rows	20/5/5/5	

Cardio:

30 minutes of either running, airdyne bike or rower

Keep heart rate at 140bpm for the duration (use the heart rate monitor)

Day 3

SPORT PRACTICE/TRAINING

After you finish technique work approx 10 min should be actual grappling sparring of LOW intensity (heart rate of about 130bpm) – no particular structure in terms of work and rest periods, just general grappling/sparring. Work on setting up tactics and positioning and executing good technique.

Day 4

Exercise	Week 2	Notes:
Deadlift	4x10	Do this exercise as normal straight sets with 2-3min rest between sets
Military press	20/5/5/5	
DB Bulgarian Squats	20/5/5/5	Finish all sets with one leg first then do the other leg
Incline DB press	20/5/5/5	
DB rows	20/5/5/5	
V-grip lat pulldown	20/5/5/5	

Day 5

SPORT PRACTICE/TRAINING

After you finish technique work approximately 10 min should be actual grappling sparring of MEDIUM intensity (heart rate of about 140-150bpm) – no particular structure in terms of work and rest periods, just general grappling/sparring. Work on setting up tactics and positioning and executing good technique.

Day 6

Exercise	Week 2	Notes:
Front squats	4x10	Do this exercise as normal straight sets with 2-3min rest between sets
Close grip bench press	20/5/5/5	
Hip thrusts	20/5/5/5	
Dips	20/5/5/5	
Seated cable row	20/5/5/5	
Underhand grip lat pulldown	20/5/5/5	

Cardio:

30 minutes of either running, airdyne bike or rower

Keep heart rate at 140bpm for the duration (use the heart rate monitor)

Day 7

Off

Week 3:

Day 1

SPORT PRACTICE/TRAINING

After you finish technique work approximately 15 min should be actual grappling sparring of MEDIUM intensity (heart rate of about 140-150bpm) – no particular structure in terms of work and rest periods, just general

grappling/sparring. Work on setting up tactics and positioning and executing good technique.

Day 2

Exercise	Week 3	Notes:
High Bar Squat	16/4/4/4/4	
Bench press	16/4/4/4/4	
Romanian deadlift	4x8	Do this exercise as normal straight sets with 2-3min rest between sets
DB Military press	16/4/4/4/4	
Wide grip lat pulldown	16/4/4/4/4	
T-bar rows	16/4/4/4/4	

Cardio:

30 minutes of either running, airdyne bike or rower

Keep heart rate at 150bpm for the duration (use the heart rate monitor)

Day 3

SPORT PRACTICE/TRAINING

After you finish technique work approx 15 min should be actual grappling sparring of LOW intensity (heart rate of about 130bpm) – no particular structure in terms of work and rest periods, just general grappling/sparring. Work on setting up tactics and positioning and executing good technique.

Day 4

Exercise	Week 3	Notes:
Deadlift	4x8	Do this exercise as normal straight sets with 2-3min rest between sets
Military press	16/4/4/4/4	
DB Bulgarian Squats	16/4/4/4/4	Finish all sets with one leg first then do the other leg
Incline DB press	16/4/4/4/4	
DB rows	16/4/4/4/4	
V-grip lat pulldown	16/4/4/4/4	

Day 5

SPORT PRACTICE/TRAINING

After you finish technique work approximately 15 min should be actual grappling sparring of MEDIUM intensity (heart rate of about 140-150bpm) – no particular structure in terms of work and rest periods, just general grappling/sparring. Work on setting up tactics and positioning and executing good technique.

Day 6

Exercise	Week 3	Notes:
Front squats	4x8	Do this exercise as normal straight sets with 2-3min rest between sets
Close grip bench press	16/4/4/4/4	
Hip thrusts	16/4/4/4/4	
Dips	16/4/4/4/4	
Seated cable row	16/4/4/4/4	
Underhand grip lat pulldown	16/4/4/4/4	

Cardio:

30 minutes of either running, airdyne bike or rower

Keep heart rate at 150bpm for the duration (use the heart rate monitor)

Day 7

Off



WHERE THE STRONG BELONG

Week 4:

Day 1

SPORT PRACTICE/TRAINING

After you finish technique work approx 10 min should be actual grappling sparring of LOW intensity (heart rate of about 130bpm) – no particular structure in terms of work and rest periods, just general grappling/sparring. Work on setting up tactics and positioning and executing good technique.

Day 2

Exercise	Week 4	Notes:
High Bar Squat	3x8	Keep the weight light. Should easily have 3-4 reps left in the tank.
Bench press	3x8	Keep the weight light. Should easily have 3-4 reps left in the tank.
Romanian deadlift	3x8	Keep the weight light. Should easily have 3-4 reps left in the tank.
DB Military press	3x8	Keep the weight light. Should easily have 3-4 reps left in the tank.
Wide grip lat pulldown	3x8	Keep the weight light. Should easily have 3-4 reps left in the tank.
T-bar rows	3x8	Keep the weight light. Should easily have 3-4 reps left in the tank.

Cardio:

20 minutes of either running, airdyne bike or rower

Keep heart rate at 140 bpm for the duration (use the heart rate monitor)

Day 3

SPORT PRACTICE/TRAINING

After you finish technique work approx 10 min should be actual grappling sparring of LOW intensity (heart rate of about 130bpm) – no particular structure in terms of work and rest periods, just general grappling/sparring. Work on setting up tactics and positioning and executing good technique.

Day 4

Exercise	Week 4	Notes:
Deadlift	3x8	Keep the weight light. Should easily have 3-4 reps left in the tank.
Military press	3x8	Keep the weight light. Should easily have 3-4 reps left in the tank.
DB Bulgarian Squats	3x8	Keep the weight light. Should easily have 3-4 reps left in the tank.
Incline DB press	3x8	Keep the weight light. Should easily have 3-4 reps left in the tank.
DB rows	3x8	Keep the weight light. Should easily have 3-4 reps left in the tank.
V-grip lat pulldown	3x8	Keep the weight light. Should easily have 3-4 reps left in the tank.

Day 5

SPORT PRACTICE/TRAINING

After you finish technique work approx 10 min should be actual grappling sparring of LOW intensity (heart rate of about 130bpm) – no particular structure in terms of work and rest periods, just general grappling/sparring. Work on setting up tactics and positioning and executing good technique.

Day 6

Exercise	Week 4	Notes:
Front squats	3x8	Keep the weight light. Should easily have 4-5 reps left in the tank.
Close grip bench press	3x8	Keep the weight light. Should easily have 4-5 reps left in the tank.
Hip thrusts	3x8	Keep the weight light. Should easily have 4-5 reps left in the tank.
Dips	3x8	Keep the weight light. Should easily have 4-5 reps left in the tank.
Seated cable row	3x8	Keep the weight light. Should easily have 4-5 reps left in the tank.
Underhand grip lat pulldown	3x8	Keep the weight light. Should easily have 4-5 reps left in the tank.

Cardio:

20 minutes of either running, airdyne bike or rower

Keep heart rate at 150 bpm for the duration (use the heart rate monitor)

Day 7

Off



WHERE THE STRONG BELONG

BLOCK #2 – Reinforcing the Engine

Week 1:

Day 1

SPORT PRACTICE:

After you finish technique practice:

Wear a heart rate monitor to measure max heart rate

Pick a drill

Go 2 minutes at 100% effort, non-stop

1 minute complete recovery

6 rounds, every round you can pick a new drill to do for the next 2mins if you like

Day 2

Instructions:

On exercises where it's just straight sets (e.g. 3x10) just warm up to and find a weight that is tough for the required reps but you definitely still have 2-3 reps left in the tank. Keep the weight the same for every set. Otherwise the instructions are indicated in the box.

Every week increase the weight of each exercise by 2-3%. No more. If you feel a little fatigued and cannot increase the weight then just adjust to a weight that is tough to do but you still have 2-3 reps left in the tank.

Exercise	Sets/Reps	Notes
Safety or Front Squat (whichever you have access to)	Work up to weight that is heavy for 5 reps then do 3x8 with 85% of that	
Low Incline lose Grip Bench press	Work up to weight that is heavy for 5 reps then do 3x8 with 85% of that	
Bentover Rows	3x10	Pick a weight that is tough for the required reps but you can still definitely do 2-3 more reps if you had to. Increase weight by 2-3% each week.
Pullups (weighted if possible)	3x10	Pick a weight that is tough for the required reps but you can still definitely do 2-3 more reps if you had to. Increase weight by 2-3% each week.

Day 3

SPORT PRACTICE

After you finish technique practice:

Wear a heart rate monitor to measure max heart rate

Pick a drill

Go 2 minutes at 100% effort, non-stop

1 minute complete recovery

4 rounds, every round you can pick a new drill to do for the next 2mins if you like

Day 4

Off

Day 5

SPORT PRACTICE:

After you finish technique practice:

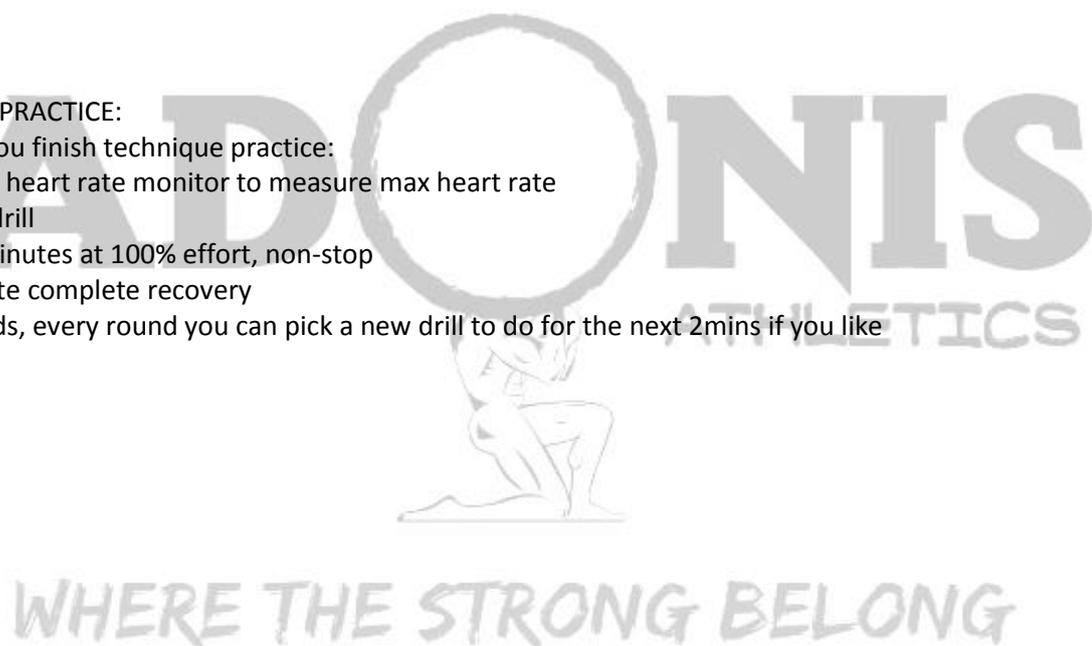
Wear a heart rate monitor to measure max heart rate

Pick a drill

Go 2 minutes at 100% effort, non-stop

1 minute complete recovery

6 rounds, every round you can pick a new drill to do for the next 2mins if you like



Day 6

On exercises where it's just straight sets (e.g. 3x10) just warm up to and find a weight that is tough for the required reps but you definitely still have 2-3 reps left in the tank. Keep the weight the same for every set.

Every week increase the weight of each exercise by 2-3%. No more. If you feel a little fatigued and cannot increase the weight then just adjust to a weight that is tough to do but you still have 2-3 reps left in the tank.

Exercise	Sets/Reps	Notes
Deadlift	Work up to weight that is heavy for 5 reps then do 3x8 with 85% of that	
Military Press	Work up to weight that is heavy for 5 reps then do 3x8 with 85% of that	
DB Rows	3x10	Pick a weight that is tough for the required reps but you can still definitely do 2-3 more reps if you had to. Increase weight by 2-3% each week.
Underhand Grip Lat Pulldowns	3x10 	Pick a weight that is tough for the required reps but you can still definitely do 2-3 more reps if you had to. Increase weight by 2-3% each week.

Day 7

Off

Week 2:

Day 1

SPORT PRACTICE:

After you finish technique practice:

Wear a heart rate monitor to measure max heart rate

Pick a drill

Go 2 minutes at 100% effort, non-stop

1 minute complete recovery

7 rounds, every round you can pick a new drill to do for the next 2mins if you like

Day 2

Exercise	Sets/Reps	Notes
Safety or Front Squat	Work up to heavy 3 then 4x5 with 85% of that	
Low Incline Close Grip Bench press	Work up to heavy 3 then 4x5 with 85% of that	
Bentover Rows	4x8	Increase weight by 2-3% each week.
Pullups (weighted if possible)	4x8	Increase weight by 2-3% each week.

Day 3

SPORT PRACTICE:

After you finish technique practice:

Wear a heart rate monitor to measure max heart rate

Pick a drill

Go 2 minutes at 100% effort, non-stop

1 minute complete recovery

5 rounds, every round you can pick a new drill to do for the next 2mins if you like

Day 4

Off

Day 5

SPORT PRACTICE:

After you finish technique practice:

Wear a heart rate monitor to measure max heart rate

Pick a drill

Go 2 minutes at 100% effort, non-stop

1 minute complete recovery

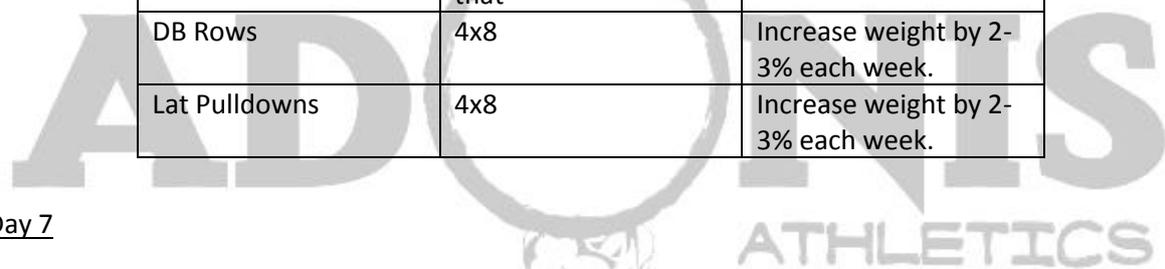
7 rounds, every round you can pick a new drill to do for the next 2mins if you like

Day 6

Exercise	Sets/Reps	Notes
Deadlift	Work up to heavy 3 then 4x5 with 85% of that	
Military Press	Work up to heavy 3 then 4x5 with 85% of that	
DB Rows	4x8	Increase weight by 2-3% each week.
Lat Pulldowns	4x8	Increase weight by 2-3% each week.

Day 7

Off



WHERE THE STRONG BELONG

Week 3:

Day 1

SPORT PRACTICE:

After you finish technique practice:

Wear a heart rate monitor to measure max heart rate

Pick a drill

Go 2 minutes at 100% effort, non-stop

1 minute complete recovery

8 rounds, every round you can pick a new drill to do for the next 2mins if you like

Day 2

Exercise	Sets/Reps	Notes
Safety or Front Squat	Work up to a heavy 1 then 5x3 with 85% of that	
Low Incline Close Grip Bench press	Work up to a heavy 1 then 5x3 with 85% of that	
Bentover Rows	4x6	Increase weight by 2-3% each week.
Pullups (weighted if possible)	4x6	Increase weight by 2-3% each week.

Day 3

SPORT PRACTICE:

After you finish technique practice:

Wear a heart rate monitor to measure max heart rate

Pick a drill

Go 2 minutes at 100% effort, non-stop

1 minute complete recovery

6 rounds, every round you can pick a new drill to do for the next 2mins if you like

Day 4

Off

Day 5

SPORT PRACTICE:

After you finish technique practice:

Wear a heart rate monitor to measure max heart rate

Pick a drill

Go 2 minutes at 100% effort, non-stop

1 minute complete recovery

8 rounds, every round you can pick a new drill to do for the next 2mins if you like

Day 6

Exercise	Sets/Reps	Notes
Deadlift	Work up to a heavy 1 then 5x3 with 85% of that	
Military Press	Work up to a heavy 1 then 5x3 with 85% of that	
DB Rows	4x6	Increase weight by 2-3% each week.
Lat Pulldowns	4x6	Increase weight by 2-3% each week.

Day 7

Off



WHERE THE STRONG BELONG

Week 4:

Day 1

SPORT PRACTICE:

After you finish technique practice:

Wear a heart rate monitor to measure max heart rate

Pick a drill

Go 2 minutes at 100% effort, non-stop

1 minute complete recovery

5 rounds, every round you can pick a new drill to do for the next 2mins if you like

Day 2

Exercise	Sets/Reps	Notes
Safety or Front squat	Work up to a heavy 1 with the same weight as week 2 then do one set of 3 with 85% of that	
Low Incline Close Grip Bench press	Work up to a heavy 1 with the same weight as week 2 then do one set of 3 with 85% of that	
Bentover rows	2x6	90% of the weight you used last week
Pullups (weighted if possible)	2x6	90% of the weight you used last week

Day 3

SPORT PRACTICE:

After you finish technique practice:

Wear a heart rate monitor to measure max heart rate

Pick a drill

Go 2 minutes at 100% effort, non-stop

1 minute complete recovery

3 rounds, every round you can pick a new drill to do for the next 2mins if you like

Day 4

Off

Day 5

SPORT PRACTICE:

After you finish technique practice:

Wear a heart rate monitor to measure max heart rate

Pick a drill

Go 2 minutes at 100% effort, non-stop

1 minute complete recovery

5 rounds, every round you can pick a new drill to do for the next 2mins if you like

Day 6

Exercise	Sets/Reps	Notes
Deadlift	Work up to a heavy 1 with the same weight as week 2 then do one set of 3 with 85% of that	
Military press	Work up to a heavy 1 with the same weight as week 2 then do one set of 3 with 85% of that	
DB rows	2x6	90% of the weight you used last week
Lat pulldowns	2x6	90% of the weight you used last week

Day 7

Off

WHERE THE STRONG BELONG

Block #3 – Tuning the Engine

Week 1:

Day 1

SPORT PRACTICE:

After you finish technique practice:

Wear a heart rate monitor to measure max heart rate

Pick a drill

Go 2 minutes at 100% effort, non-stop

1 minute complete recovery

6 rounds, every round you can pick a new drill to do for the next 2mins

Day 2

In this block you will see there are 2 exercises paired together, e.g. deadlift/DB snatch. What this means is you will first do the deadlift for the required REPS then rest 20 seconds and then do the DB snatch for the required REPS. That makes up 1 set. Rest and repeat until you complete all sets. This is outlined in the “notes” section on the right hand column.

Make sure to have COMPLETE rest before going into the next set. Incomplete rest can cause injury and will also cause sub-optimal improvement.

Every week increase the weight you use on each exercise by no more than 2-3%. If you feel fatigued and cannot go up 2-3% that is fine. Just use a weight that is tough for the required reps but you feel like you DEFINITELY still have 1-2 reps left in the tank.

Exercise:	Sets/Reps	Notes:
Heavy sled push/trap bar jumps *if no access to a sled then do front squats for sets of 2*	3x10m Rest 20seconds 3 trap bar jumps	Make sure weight on sled is heavy. Rest 20 seconds after the set of sled push before going into the trap bar jumps. Weight of trap bar jump should be 30% of deadlift max. Have complete rest between sets.
Low incline bench press/Med ball forward throw	3x3 Rest 20 seconds 3 med ball throws	Set bench at 20-30 degrees incline. Do the sets with a weight that is tough for 3 reps but you still DEFINITELY have another 1-2 reps left in the tank. Rest 20seconds after the bench. Med ball should be 9-12kg. Throw explosively with leg drive.
Deadlift/DB snatch	3x1 Rest 20 seconds 2 snatches/hand	Do the set with a weight that is tough for a single rep but you DEFINITELY have another 1-2 reps left in the tank. Rest 20 seconds. Use a dumbbell that is heavy enough to make you need to accelerate but still keep good technique.

After you finish the above workout:

Pick 3-5 of the following for each round:

- DB thrusters
- DB clean and press
- Airdyne bike
- Sled pushes
- DB snatches
- Concept 2 rower

- Concept 2 Ski Erg
- Battling ropes
- Jump squats
- KB swings
- Sprawls
- Seated cable rows (with a weight you can do 15 reps with when fresh)

If you are unsure as to what weight to pick for any of the above exercises, pick a weight that is tough but you can do continuously for 30 seconds unbroken when fresh.

30 seconds maximal intensity

30 sec rest

Change to the next exercise

Continue going through the circuit until you have done it for the same duration that your match round will be

Rest 5 minutes (i.e. complete recovery)

Do total of 2 sets

Example:

If you know your BJJ match will be for 6 minutes

30 seconds – DB thrusters

30 seconds rest

30 seconds – Airdyne bike sprint

30 seconds rest

30 seconds – Battling ropes

30 seconds rest

30 seconds – DB thrusters

30 seconds rest

30 seconds – Airdyne bike

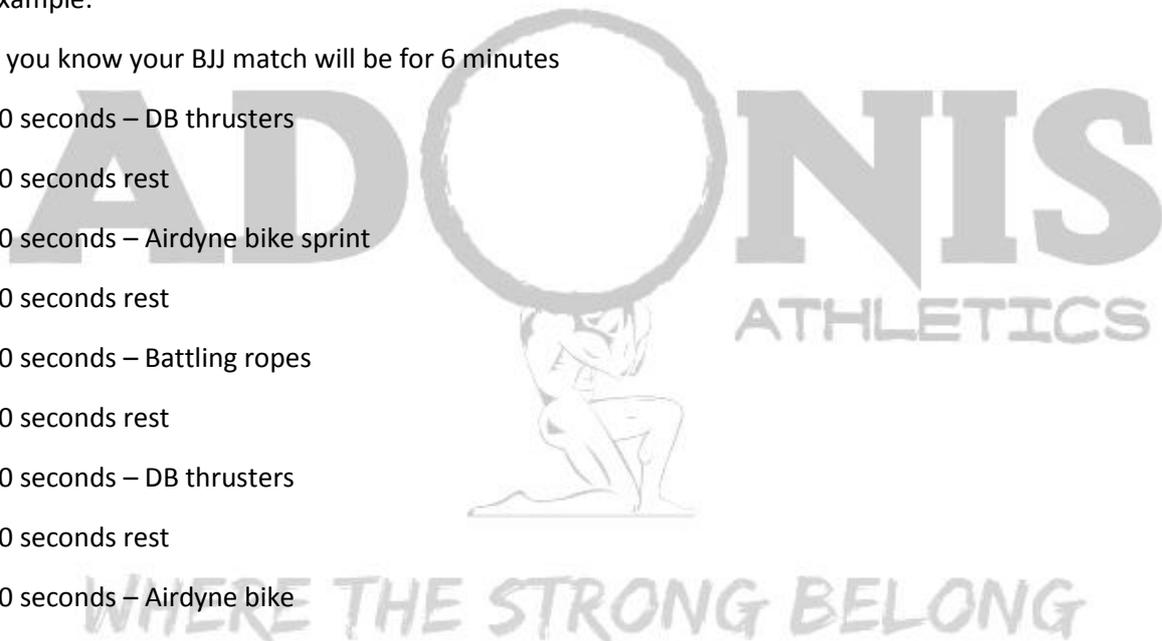
30 seconds rest

30 seconds – Battling ropes

30 seconds rest

Rest 5 minutes

Repeat another round for a total of 2 rounds



Day 3

SPORT PRACTICE/TRAINING

After you finish technique work approx 20 min should be actual grappling sparring of LOW intensity (a self rated perceived intensity level of about 6/10 or at a heart rate of about 130bpm) – no particular structure in terms of work and rest periods, just general grappling/sparring. Work on setting up tactics and positioning and executing good technique. This should be taken as an easy session.

Day 4

Off

Day 5

SPORT PRACTICE

After you finish technique practice:

Sparring/grappling: rounds will be the same length as your matches would be
Keep heart rate at 85% of HRmax (from Day 1) +/- 5 BPM for entire duration of grapple
5 minutes rest between sets
Do 3 rounds.

Day 6

The same instructions as Day 2 apply here.

Exercise:	Sets/Reps	Notes:
Box squat/kneeling long jumps	3x2 Rest 20seconds 3 kneeling long jumps	Box height should be parallel to the floor. Pick a weight that is heavy for 2 reps but you can maintain perfect technique and still have 1-2 reps left in the tank. Rest 20 seconds then perform 3 kneeling long jumps. Explosive on every rep.
Close grip bench press/plyometric pushups onto box	3x3 Rest 20 seconds 3 plyometric pushups onto a box	Pick a weight that is heavy for 3 reps but you can maintain perfect technique and still have 1-2 reps left in the tank. Rest 20 seconds then perform 3 plyometric pushups.
Heavy sled pulls/explosive pull-ups *if no access to sled then do seated cable rows for sets of 5*	3x10m Rest 20 seconds 4 explosive pull-ups	Attach a rope to the sled. Make sure weight on sled is heavy. Pull hand over hand for 10m. Rest 20 seconds then perform 4 pull-ups explosively trying to pull your body up as high as possible with every rep.

Pick 3-5 of the following for each round:

- DB thrusters
- Sled pushes
- DB clean and press

- DB snatches
- Airdyne bike
- Concept 2 rower
- Concept 2 Ski Erg
- Battling ropes
- Jump squats
- KB swings
- Sprawls
- Seated cable rows
(with a weight you can do 15 reps with when fresh)

If you are unsure as to what weight to pick for any of the above exercises, pick a weight that is tough but you can do continuously for 30 seconds unbroken when fresh.

20 seconds maximal intensity

20 sec rest

Change to the next exercise

Continue going through the circuit until you have done it for the same duration that your match round will be

Rest 5 minutes (i.e. complete recovery)

Do total of 1 set

Day 7

Off



WHERE THE STRONG BELONG

Week 2:

Day 1

SPORT PRACTICE:

After you finish technique practice:

Wear a heart rate monitor to measure max heart rate

Pick a drill

Go 2 minutes at 100% effort, non-stop

1 minute complete recovery

7 rounds, every round you can pick a new drill to do for the next 2mins

Day 2

Exercise:	Sets/Reps	Notes:
Heavy sled push/trap bar jumps *if no access to a sled then do front squats for sets of 2*	4x10m Rest 20seconds 3 trap bar jumps	Make sure weight on sled is heavy. Rest 20 seconds after the set of sled push before going into the trap bar jumps. Weight of trap bar jump should be 30% of deadlift max. Have complete rest between sets.
Low incline bench press/Med ball forward throw	4x3 Rest 20 seconds 3 med ball throws	Set bench at 20-30 degrees incline. Do the sets with a weight that is tough for 3 reps but you still DEFINITELY have another 1-2 reps left in the tank. Rest 20seconds after the bench. Med ball should be 9-12kg. Throw explosively with leg drive.
Deadlift/DB snatch	4x1 Rest 20 seconds 2 snatches/hand	Do the set with a weight that is tough for a single rep but you DEFINITELY have another 1-2 reps left in the tank. Rest 20 seconds. Use a dumbbell that is heavy enough to make you need to accelerate but still keep good technique.

Pick 3-5 of the following for each round:

- DB thrusters
- Sled pushes
- DB clean and press
- DB snatches
- Airdyne bike
- Concept 2 rower
- Concept 2 Ski Erg
- Battling ropes
- Jump squats
- KB swings
- Sprawls
- Seated cable rows (with a weight you can do 15 reps with when fresh)

If you are unsure as to what weight to pick for any of the above exercises, pick a weight that is tough but you can do continuously for 30 seconds unbroken when fresh.

30 seconds maximal intensity

30 sec rest

Change to the next exercise

Continue going through the circuit until you have done it for the same duration that your match round will be

Rest 5 minutes (i.e. complete recovery)

Do total of 3 sets

Day 3

SPORT PRACTICE/TRAINING

After you finish technique work approx 20 min should be actual grappling sparring of LOW intensity (a self rated perceived intensity level of about 6/10 or at a hear rate of about 130bpm) – no particular structure in terms of work and rest periods, just general grappling/sparring. Work on setting up tactics and positioning and executing good technique. This should be taken as an easy session.

Day 4

Off

Day 5

SPORT PRACTICE

After you finish technique practice:

Sparring/grappling rounds for same length as matches will be

Keep heart rate at 85% of HRmax (from Day 1) +/- 5 BPM for entire duration of grapple

5 minutes rest between sets

Do 4 rounds.

Day 6

Exercise:	Sets/Reps	Notes:
Box squat/kneeling long jumps	4x2 Rest 20seconds 3 kneeling long jumps	Box height should be parallel to the floor. Pick a weight that is heavy for 2 reps but you can maintain perfect technique and still have 1-2 reps left in the tank. Rest 20 seconds then perform 3 kneeling long jumps. Explosive on every rep.
Close grip bench press/plyometric pushups onto box	4x3 Rest 20 seconds 3 plyometric pushups onto a box	Pick a weight that is heavy for 3 reps but you can maintain perfect technique and still have 1-2 reps left in the tank. Rest 20 seconds then perform 3 plyometric pushups.
Heavy sled pulls/explosive pull-ups *if no access to sled then do seated cable rows for sets of 5*	4x10m Rest 20 seconds 4 explosive pull-ups	Attach a rope to the sled. Make sure weight on sled is heavy. Pull hand over hand for 10m. Rest 20 seconds then perform 4 pull-ups explosively trying to pull your body up as high as possible with every rep.

Pick 3-5 of the following for each round:

- DB thrusters
- Sled pushes
- DB clean and press
- DB snatches
- Airdyne bike
- Concept 2 rower
- Concept 2 Ski Erg
- Battling ropes
- Jump squats

- KB swings
- Sprawls

- Seated cable rows
(with a weight you

can do 15 reps with
when fresh)

If you are unsure as to what weight to pick for any of the above exercises, pick a weight that is tough but you can do continuously for 30 seconds unbroken when fresh.

20 seconds maximal intensity

20 sec rest

Change to the next exercise

Continue going through the circuit until you have done it for the same duration that your match round will be

Rest 5 minutes (i.e. complete recovery)

Do total of 2 sets

Day 7

Off



WHERE THE STRONG BELONG

Week 3:

Day 1

SPORT PRACTICE:

After you finish technique practice:

Pick a drill

Go 2 minutes at 100% effort, non-stop

1 minute complete recovery

6 rounds, every round you can pick a new drill to do for the next 2mins

Day 2

Exercise:	Sets/Reps	Notes:
Heavy sled push/trap bar jumps *if no access to a sled then do front squats for sets of 2*	5x10m Rest 20seconds 3 trap bar jumps	Make sure weight on sled is heavy. Rest 20 seconds after the set of sled push before going into the trap bar jumps. Weight of trap bar jump should be 30% of deadlift max. Have complete rest between sets.
Low incline bench press/Med ball forward throw	5x3 Rest 20 seconds 3 med ball throws	Set bench at 20-30 degrees incline. Do the sets with a weight that is tough for 3 reps but you still DEFINITELY have another 1-2 reps left in the tank. Rest 20seconds after the bench. Med ball should be 9-12kg. Throw explosively with leg drive.
Deadlift/DB snatch	5x1 Rest 20 seconds 2 snatches/hand	Do the set with a weight that is tough for a single rep but you DEFINITELY have another 1-2 reps left in the tank. Rest 20 seconds. Use a dumbbell that is heavy enough to make you need to accelerate but still keep good technique.

Pick 3-5 of the following for each round:

- DB thrusters
- Sled pushes
- DB clean and press
- DB snatches
- Airdyne bike
- Concept 2 rower
- Concept 2 Ski Erg
- Battling ropes
- Jump squats
- KB swings
- Sprawls
- Seated cable rows (with a weight you can do 15 reps with when fresh)

If you are unsure as to what weight to pick for any of the above exercises, pick a weight that is tough but you can do continuously for 30 seconds unbroken when fresh.

30 seconds maximal intensity

30 sec rest

Change to the next exercise

Continue going through the circuit until you have done it for the same duration that your match round will be

Rest 5 minutes (i.e. complete recovery)

Do total of 4 sets

Day 3

SPORT PRACTICE/TRAINING

After you finish technique work approx 20 min should be actual grappling sparring of LOW intensity (a self rated perceived intensity level of about 6/10 or at a hear rate of about 130bpm) – no particular structure in terms of work and rest periods, just general grappling/sparring. Work on setting up tactics and positioning and executing good technique. This should be taken as an easy session.

Day 4

Off

Day 5

SPORT PRACTICE

After you finish technique practice:

Sparring/grappling rounds for same length as matches will be

Keep heart rate at 85% of HRmax (from Day 1) +/- 5 BPM for entire duration of grapple

5 minutes rest between sets

Do 5 rounds.

Day 6

Exercise:	Sets/Reps	Notes:
Box squat/kneeling long jumps	5x2 Rest 20seconds 3 kneeling long jumps	Box height should be parallel to the floor. Pick a weight that is heavy for 2 reps but you can maintain perfect technique and still have 1-2 reps left in the tank. Rest 20 seconds then perform 3 kneeling long jumps. Explosive on every rep.
Close grip bench press/plyometric pushups onto box	5x3 Rest 20 seconds 3 plyometric pushups onto a box	Pick a weight that is heavy for 3 reps but you can maintain perfect technique and still have 1-2 reps left in the tank. Rest 20 seconds then perform 3 plyometric pushups.
Heavy sled pulls/explosive pull-ups *if no access to sled then do seated cable rows for sets of 5*	5x10m Rest 20 seconds 4 explosive pull-ups	Attach a rope to the sled. Make sure weight on sled is heavy. Pull hand over hand for 10m. Rest 20 seconds then perform 4 pull-ups explosively trying to pull your body up as high as possible with every rep.

Pick 3-5 of the following for each round:

- DB thrusters
- Sled pushes
- DB clean and press
- DB snatches
- Airdyne bike
- Concept 2 rower
- Concept 2 Ski Erg
- Battling ropes
- Jump squats

- KB swings
- Sprawls

- Seated cable rows
(with a weight you

can do 15 reps with
when fresh)

If you are unsure as to what weight to pick for any of the above exercises, pick a weight that is tough but you can do continuously for 30 seconds unbroken when fresh.

20 seconds maximal intensity

20 sec rest

Change to the next exercise

Continue going through the circuit until you have done it for the same duration that your match round will be

Rest 5 minutes (i.e. complete recovery)

Do total of 2 sets

Day 7

Off



WHERE THE STRONG BELONG

Week 4:

Day 1

SPORT PRACTICE:

After you finish technique practice:

Pick a drill

Go 2 minutes at 100% effort, non-stop

1 minute complete recovery

3 rounds, every round you can pick a new drill to do for the next 2mins

Day 2

Exercise:	Sets/Reps	Notes:
Heavy sled push/trap bar jumps *if no access to a sled then do front squats for sets of 2*	2x10m Rest 20seconds 3 trap bar jumps	Make sure weight on sled is heavy. Rest 20 seconds after the set of sled push before going into the trap bar jumps. Weight of trap bar jump should be 30% of deadlift max. Have complete rest between sets.
Low incline bench press/Med ball forward throw	2x3 Rest 20 seconds 3 med ball throws	Set bench at 20-30 degrees incline. Do the sets with a weight that is tough for 3 reps but you still DEFINITELY have another 1-2 reps left in the tank. Rest 20seconds after the bench. Med ball should be 9-12kg. Throw explosively with leg drive.
Deadlift/DB snatch	2x1 Rest 20 seconds 2 snatches/hand	Do the set with a weight that is tough for a single rep but you DEFINITELY have another 1-2 reps left in the tank. Rest 20 seconds. Use a dumbbell that is heavy enough to make you need to accelerate but still keep good technique.

Day 3

SPORT PRACTICE/TRAINING

After you finish technique work approx 20-30 min should be actual grappling sparring of LOW intensity (a self rated perceived intensity level of about 6 to 7/10)

Split it up into the same length as your matches and for the same number of your matches on comp day. Rest between sets should be the same amount also.

All remaining days should be off until fight day. The fighter must focus this entire week on maximising recovery. Staying focused and making sure sleep, nutrition and relaxation strategies are maximised. This must be done to both reduce stress and also promote the body's recovery processes. Resist the urge to train because you think you will get weaker or lose fitness. You will not. The only thing that is permitted is VERY low intensity flow and movement in relation to technique and tactic practice. This is simply to stay engaged with the feel of the movement and plan strategy if you wish. The final 2 days before comp should be 100% off.

GOOD LUCK!