THE PERIODISED PROGRAMME

GRAPPLING POWER. PROGRAMMED.

A 12-week, three-phase programme that turns raw strength into usable grappling power — faster sweeps, heavier passes, explosive scrambles.

PHASES	DAYS / WEEK	DURATION
Accumulate · Intensify · Realize	3	12 Weeks

01

INTRODUCTION

Power is the currency of grappling. A perfectly timed bridge, a sudden pass, the sprawl that stops the double — all are strength expressed quickly. This programme trains it on purpose.

The original Grappling Power Program was a single week of three sessions. This is the 12-week periodised build: same spirit, structured so the work gets harder in the right way and your nervous system has somewhere to go.

Three phases, four weeks each:

- **Phase 1 — Accumulation (Weeks 1–4):** build the strength base. Moderate intensity, higher volume, grooved technique.
- **Phase 2 — Intensification (Weeks 5–8):** turn strength into power. Heavier loads, lower reps, bar speed is the rule.
- **Phase 3 — Realization (Weeks 9–12):** peak and express. Contrast work, true plyometrics, grappling-specific transfer. Week 12 retests.

> **Three lifting days a week** — Monday, Wednesday, Friday is the template. Keep mat time on Tuesday, Thursday, Saturday. Rest Sunday.

02

PRINCIPLES OF GRAPPLING POWER

Read these once. They decide every choice the programme makes. If you adapt a session, judge the swap against them.

01

POWER IS FORCE × VELOCITY

You can get more powerful by being stronger, by moving faster, or both. This programme attacks both ends of the curve — maximal strength on the main lifts, maximal speed on the ballistic work. Ignore either half and the output stalls.

02

INTENT IS THE HIDDEN VARIABLE

A medicine ball tossed politely builds nothing. Every rep of jumps, throws, Olympic variants and plyometrics must be done with the clear intent to move the implement as fast as humanly possible. Treat the heavy bar the same way — try to move it fast, even when it moves slowly.

03

POWER WORK IS DONE FRESH

Power sits on top of the central nervous system. Fatigue kills it before it kills strength. Rest a full 2–3 minutes between power sets. Stop the set the moment bar speed or jump height drops noticeably — one more "grindy" rep steals from tomorrow.

04

EARN THE PLYOMETRICS

Depth jumps and shock-method work demand a real strength base. Rule of thumb: you should be able to back squat roughly 1.5 × bodyweight before depth jumps above 50 cm. Until you are there, stick to counter-movement and box jumps.

05

SPECIFICITY THROUGH INTENT, NOT MIMICRY

You don't need to make every lift "look like" a sweep or a sprawl. The partner-on-hips hip thrust and med-ball throws are the few genuine transfer drills. Everything else transfers through the quality it builds — rate of force development — not the shape of the movement.

06

MAT TIME STAYS THE PRIORITY

The gym work exists to make you better on the mats, not to replace the mats. If class ran late and sleep is short, skip the session; never skip the roll. Two good sessions this week beats three rushed ones.

07

RECOVER LIKE IT COUNTS

Power training eats recovery. Sleep 7.5–9 hours, eat protein at every meal, and take the rest day seriously. The adaptation happens between sessions, not during them.

03

HOW TO RUN IT

WARM UP — EVERY SESSION

- 5–10 minutes easy cardio — rower, airdyne, skipping — until you break a light sweat.
- 5 minutes dynamic mobility — leg swings, world's greatest stretch, thoracic rotations, band pull-aparts.
- 2 warm-up sets of the first main lift with a light bar, working up to the first working weight.

LOADING CUES

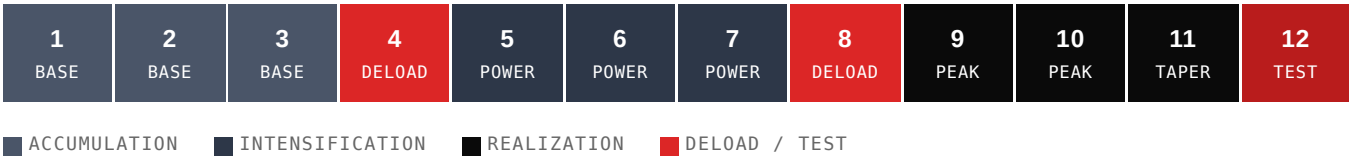
- **Strength lifts** (squat, deadlift, press, row): work at the top of the rep range with two reps in reserve on the last set. When you hit every rep clean, add weight next session (2.5 kg upper, 5 kg lower).

- **Ballistic lifts** (jump shrugs, high pulls, push press, explosive chins): load is a tool to make the movement fast. If bar speed drops, the load is too heavy for the day — drop it 10%.
- **Plyometrics** (jumps, med ball throws, depth jumps): measure height or distance on the first rep. Stop the set when it drops by more than 10%. Quality over quantity, always.

WEEKLY TEMPLATE

DAY	SESSION
Monday	Day 1 — Lower-body power
Tuesday	BJJ / Grappling — technical + light rolling
Wednesday	Day 3 — Upper-body power
Thursday	BJJ / Grappling — hard rolling
Friday	Day 5 — Full-body + grappling-specific
Saturday	Open mat / competition prep
Sunday	Rest or walk / mobility

12-WEEK MAP



04

BASELINE & TEST WEEK

Run these in Week 0 and again in Week 12. Same tests, same order, same time of day where possible. Rested — no rolling the day before, no heavy legs for 48 hours.

1. **Vertical jump** — stand side-on to a wall, reach up, mark the height. Counter-movement jump, touch the wall at the peak. Best of three. Jump height = top mark minus standing reach.
2. **Standing broad jump** — two-footed, swing the arms, stick the landing. Best of three, measured to the back of the heel.
3. **Seated med ball chest pass** — sit back against a wall, 4 kg ball, throw as far as possible. Best of three.
4. **Sumo deadlift 3RM** — warm up thoroughly. Build to a heaviest set of three that moves cleanly.
5. **Push press 3RM** — same protocol. Leg drive legal.

5. **Explosive chin-up count** — chin fully over the bar, descent controlled; count stops when you can no longer complete a rep explosively (not when you fail — when you grind).

+5–10%	+10–20%	+2–4
JUMP SCORES	3RM LIFTS	EXPLOSIVE CHINS

Targets over 12 weeks. Jumps carry over most directly to the mat; don't chase lift numbers at their expense.

PHASE ONE · WEEKS 1–4

ACCUMULATION

Strength base and movement quality. Moderate loads, higher volume. The point is to show up to Phase 2 strong enough to go fast.

LOADS	VOLUME	DELOAD
60–75% 1RM	Moderate–High	Week 4

Progression: add weight on the main lift each week when you hit every prescribed rep with clean technique. Week 4 is a deload — same lifts, drop all working sets to 60% of Week 3 loads.

DAY 1 · LOWER-BODY POWER BASE

PHASE 1

EXERCISE	SETS	REPS	REST	NOTES
Sumo deadlift	4	6	2 min	Vertical torso, drive the floor apart
Jump shrugs	4	5	90 sec	Light, explosive, full extension
Rotational plyo jumps	3	8 (4 / side)	60 sec	Land soft, reset
Med ball slam	3	8	60 sec	Full overhead to floor
Box jump (low)	3	5	60 sec	Step down, don't jump down

FOCUS: hinge strength, triple-extension speed, rotational power base.

DAY 3 · UPPER-BODY POWER BASE

PHASE 1

EXERCISE	SETS	REPS	REST	NOTES
Push press	4	6	2 min	Dip is short, drive is long
Kettlebell clean & press	3 / arm	8	90 sec	Clean clean, press strict
Explosive one-arm row	3	8 / side	60 sec	Rip the dumbbell to the hip
Med ball chest pass (standing)	3	8	60 sec	Against a wall, catch and throw
Burpees	3	15	60 sec	Conditioning, not death

FOCUS: vertical press power, pulling speed, upper-body work capacity.

DAY 5 · FULL-BODY + GRAPPLING-SPECIFIC

PHASE 1

EXERCISE	SETS	REPS	REST	NOTES
Explosive chin-up	4	5	90 sec	Fast up, control down
Kettlebell swings	4	12	60 sec	Hinge-dominant, hips snap
Plyo vertical jumps	3	6	90 sec	Max height every rep
Partner-loaded hip thrust	3	8	90 sec	Partner across hips, controlled
Explosive back-door escape drill	3	6	60 sec	Partner in side control, bridge and shoot

FOCUS: pulling and hinge power, direct grappling transfer.

PHASE TWO · WEEKS 5–8

INTENSIFICATION

Convert the base into power. Loads go up, reps come down, every rep is moved with the intent to be fast. If the bar is slow, the weight is wrong for today.

LOADS	VOLUME	DELOAD
75–87% 1RM	Moderate	Week 8

Progression: make small jumps on the main strength lifts each week (1–2.5 kg upper, 2.5–5 kg lower). On ballistics, loads stay light-to-moderate — bar speed is the rule. Week 8 is a deload: 60% loads, same reps.

DAY 1 · LOWER-BODY POWER

PHASE 2

EXERCISE	SETS	REPS	REST	NOTES
Sumo deadlift	5	3	3 min	Heavy, clean, no grinders
Jump shrug	5	3	2 min	Progressively heavier, fast
Rotational med ball throw	4	6 / side	90 sec	Against a wall, full rotation
Box jump	4	3	90 sec	Height matters, measure it
Broad jump	4	3	90 sec	Stick the landing, reset

FOCUS: max-effort pull, bar-speed hinge, rotational power expression.

DAY 3 · UPPER-BODY POWER

PHASE 2

EXERCISE	SETS	REPS	REST	NOTES
Push press	5	3	3 min	Aggressive dip-drive
Explosive bench press	5	3	2 min	60–70% 1RM, maximum speed
Clap push-up	4	5	90 sec	Push hard, land light
Explosive one-arm row	4	6 / side	90 sec	Heavier dumbbell, same speed
Seated med ball chest pass	3	6	60 sec	Measure distance, stop when it drops

FOCUS: upper-body contrast — heavy press, speed press, true ballistics.

DAY 5 · FULL-BODY + GRAPPLING-SPECIFIC

PHASE 2

EXERCISE	SETS	REPS	REST	NOTES
Weighted explosive chin	5	3	2 min	5–10 kg belt, explode
Heavy KB swing	5	8	90 sec	32 kg+, hip snap
Depth jump (low box, 30 cm)	4	3	2 min	Step off, land, rebound fast
Partner-loaded hip thrust	4	5	90 sec	Heavier partner, or add plate
Back-door escape drill	4	5	60 sec	Full intent, as if live

FOCUS: pulling power, hinge expression, first exposure to true shock-method plyos.

PHASE THREE · WEEKS 9–12

REALIZATION

Peak and express. Lowest volume, highest intensity. Contrast training pairs a heavy lift with a matched ballistic. Week 11 tapers. Week 12 retests.

LOADS	VOLUME	RETEST
85–95% 1RM / fast	Low	Week 12

Progression: add weight to strength lifts in Weeks 9 and 10 only. Week 11 drops volume by 30% at the same loads. Week 12 runs light sessions Monday and Wednesday, then retests Thursday or Friday.

CONTRAST PAIRING — HOW IT WORKS

Do the heavy set, rest 2 minutes, then the matched ballistic set with maximum speed. The heavy lift primes the nervous system; the ballistic expresses the primed state. Do not skip the rest, and do not reverse the order.

DAY 1 · PEAK LOWER-BODY POWER

PHASE 3

EXERCISE	SETS	REPS	REST	NOTES
Sumo deadlift (contrast A)	5	2	2 min	85–90% 1RM
Broad jump (contrast B)	5	3	2 min between pairs	Paired with the deadlift set above
Depth jump (40–50 cm)	4	3	2 min	Only if you back-squat 1.5 × bodyweight
Rotational med ball throw	3	5 / side	90 sec	Max distance each rep

FOCUS: contrast-primed horizontal power, rebound reactivity.

DAY 3 · PEAK UPPER-BODY POWER

PHASE 3

EXERCISE	SETS	REPS	REST	NOTES
Push press (contrast A)	5	2	2 min	Heavy, clean lockout
Med ball overhead throw (contrast B)	5	3	2 min between pairs	Paired with press, max speed
Bench press (contrast A)	4	2	2 min	85% 1RM
Plyo push-up (contrast B)	4	3	2 min between pairs	Clap or hands onto a plate
Seated med ball chest pass	3	5	90 sec	Distance = the measure

FOCUS: upper-body contrast, true ballistic throws, peak press speed.

DAY 5 · PEAK GRAPPLING POWER

PHASE 3

EXERCISE	SETS	REPS	REST	NOTES
Weighted chin (contrast A)	5	2	2 min	Heavy belt, clean rep
Explosive bodyweight chin (contrast B)	5	3	2 min between pairs	Paired, fastest possible
Heavy KB swing	4	6	90 sec	Heaviest you can snap
Partner-loaded hip thrust & explode	4	4	90 sec	Contrast: 4 heavy, then 4 live escapes
Live back-door / mount escape drill	4	4	60 sec	Resistance from a training partner

FOCUS: contrast on the pull, direct mat transfer — this is the week that shows up on Thursday's rolls.

WEEK 12 — TEST WEEK

Monday and Wednesday: light sessions at 50% loads, 2 sets of 3 reps per exercise. No plyos, no contrast. Thursday or Friday: retest everything from the baseline protocol in the same order. Compare the two columns. Rest fully on Tuesday.

05

RECOVERY, NUTRITION & COMMON MISTAKES

RECOVERY

- **Sleep 7.5–9 hours.** Power training eats CNS recovery. Short sleep steals your Phase 3.
- **One full rest day per week** — no lifting, no rolling, walk if you want to move.
- **Daily mobility (10 minutes):** hip flexors, thoracic extension over a foam roller, deep squat hold, wrist and finger work.
- **Soft tissue twice a week:** foam roller or lacrosse ball on forearms, upper back, glutes, quads.

NUTRITION — THE SHORT VERSION

1. **Protein at every meal** — 1.6–2.0 g per kg of bodyweight per day, split across four meals.
2. **Carbs around training** — most of your carbs in the meal before and the meal after you lift or roll.
3. **Hydrate** — roughly 35 ml per kg of bodyweight per day. More on training days. Pale-straw urine is the test.
4. **No crash cuts** — if you compete, start six weeks out, lose no more than 0.5 kg per week until the last 3–4 days.

COMMON MISTAKES

- **Treating the ballistic work like strength work.** If the bar is slow, you have missed the point. Drop the load.
- **Grinding reps on main lifts in Phase 3.** Two reps in reserve, always. A missed rep in Week 10 is a missed test on Week 12.
- **Skipping deload weeks.** They are the point. They are where the adaptation banks.
- **Depth jumps before you are ready.** Earn the shock method — back squat 1.5 × bodyweight first.
- **Adding a fourth day because you feel good.** Mat fatigue is cumulative. The programme is 3 days by design.

AT THE END OF WEEK 12

Compare test numbers to baseline. Rest a full week. Then: start Phase 1 again at new, higher loads, or move to a more advanced block. Power is built in cycles, not finished in one.



· · · END OF PROGRAMME · · ·

TRAIN FAST.
MOVE FASTER.
TAP PEOPLE.

Power is built in cycles, not finished in one. Compare the numbers, take a week off, start again.

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