

4-Week BJJ Cardio Plan

Build your engine without burning out. Use this plan to stack Zone 2 and short intervals around your BJJ classes.

Week 1–2

- Zone 2: 2 sessions × 30–35 min each (easy pace, nose breathing).
- Intervals: 6 rounds × (40 sec work / 20 sec rest).
- Optional mobility day or full rest after hard classes.

Week 3

- Zone 2: 2 sessions × 40 min each.
- Intervals: 8 rounds × (40 sec work / 20 sec rest).
- Focus on smooth breathing and consistent effort.

Week 4 (Deload)

- Zone 2: 1–2 sessions × 25–30 min each.
- Intervals: 5 rounds × (40 sec work / 20 sec rest).
- Prioritize recovery—extra sleep, hydration, and easy movement.

Tips for Success

- Warm up 5–10 minutes before each session.
- Track your RPE (rate of perceived exertion) and morning pulse weekly.
- If recovery feels poor or resting heart rate jumps 7–10 bpm above normal, skip intervals and do easy Zone 2 or rest.
- Keep total cardio sessions to 2–3 per week around BJJ classes.

Keep the focus simple: consistency beats intensity. Build capacity slowly and stay healthy for the long haul.