

Metadata: <https://www.youtube.com/watch?v=xHfuyr9BOhk>

Okay guys, Berardo Ferreira here, huge honor for me. Guys, today I'm going to be replying to questions from Caio Yu and Matthew Levy. And they pretty much had the same question, so I'm going to reply both here at the same time. And they asked, like, what's the best way to... how to make the best use of your training time? How to make the best use of your training time? So what do you want to do with that? They're asking, like, how should you, like, share your time training the best? Is it doing drills? Is it doing rolling? Is it, like, doing conditioning? Studying Jiu-Jitsu? Or doing flow rolls? How should you do that? So guys, that's a very, like, broad question, and I believe that everybody has different ways to approach it. So I'm going to talk about my experience, and I'm going to give examples about other people as well, so... I see a lot of people that the way they get better in Jiu-Jitsu, it's doing hours of drilling weekly. So every week they... I remember training in Sao Paulo, for example, many people would do that. I remember, for example, Michael Anghi was one of them, that would do a lot of drilling. So they would pick, like, once a day, from this time to that time, they would just drill, and drill, and drill, and drill, and drill. And I have heard about many other successful athletes that that's how they do, they drill a lot, and this and that. So they spend a lot of time drilling. I know a lot of other athletes as well, that's my case, that we didn't spend too much time drilling. So my formula when I was competing, when I was training, this and that, was... I would be open-minded to learn every single position in Jiu-Jitsu. So I would never be closed-minded to learn anything. So, for example, I was taking Marcelo's classes when I was in New York City, and anything he would teach, I would do my best to learn. Same thing when I was learning from Fabio Nogueira, same thing when I was learning from my first instructor, Ricardo Marques. And even here on my YouTube channel, I always try to learn from everybody. But it doesn't mean that I'm going to really spend a lot of time practicing those techniques. So I would try to learn everything to make sure that if someone tries to do that against me, I know what's going on. And also to filter what goes to my game and what doesn't. So I would take the positions that I feel that can go to my game, and those positions I would try to practice a lot on rolling. So all I want to say here is, I was not the type of guy who drills a lot. I was always the type of guy who learns a lot, but instead of drilling, I would do that more, doing the Spartans. So if I had to share here how much time, how I would spread my time training, I would do, for example, let's say Monday, for example, when I was training Marcelo's, I remember that I would train 12pm, and I would train 8pm. So it was like 10-15 minutes warm-up, it was 20-30 minutes learning some technique from the instructor that was teaching that class, and it was like 40 minutes to an hour rolling. And then I would do physical conditioning twice a week, and I would do wrestling also a week. So I would pretty much train, I would do normally 10 classes per week. So 7 jiu-jitsu classes, as I said here, a little bit of warm-up, a little bit of learning time, and rolling. I would do 2 physical conditionings per week, that was around 40-45 minutes with Kevin Pornetti, my coach when I was there. And I would do wrestling sessions also a week, that was like a 1 hour wrestling class and that kind of stuff. So that was my formula, I would train pretty much 10 times per week, and I would focus a lot on intensity. Many times I see people that they say that they train 4 times per week, but when they are actually rolling, they don't go that hard. They roll more like with the lower belts, with the lighter guys. And that's the formula that works for them, and I completely respect that. So I think everybody has different formulas. So for example, Marcelo Garcia, he would never do physical conditioning, for example. And he would only do jiu-jitsu. Then I know a bunch of other athletes that are completely fanatic about doing physical conditioning. Then I know other athletes that loves doing drilling. I know others like me that I was not a big fan of drilling, drilling time. So that's how I used to do when I was competing in high level. I would train 10 times per week, as hard and as intense as I possibly could. So I would normally only pick the toughest training partners that I could pick on that day to roll. And that's how I would spend my time. But there was always like a 20 to 30 minutes per class that was like a learning time. That whoever was

teaching the class, I would learn from that person. In Sao Paulo, in New York City, in my hometown. And I would also have the sparring time, and I would have my physical conditioning time twice a week. And I would have my resting time once a week. So that's how I did, that's how it worked for me. But I always say that as a jiu-jitsu athlete, especially in high level, you got to find the formula that works for you. Maybe the formula that works for that guy doesn't work for this guy. So you got to literally like study and kind of test what's the way that you perform the best. And increase that and focus more on that way that you found. And always be honest to yourself. For example, don't do like a... Oh, for me, rolling 15 minutes per day works very well. No, you're not being honest with yourself. You could do more than that. And I also understand that everybody is different. Many people do jiu-jitsu not to be a professional athlete, just to have fun and this and that. But even though you're going to need to manage like what's bad for me, is to drill more, to roll more. And should I do anything extra jiu-jitsu and that kind of stuff. So I just shared my experience here. I hope that helped. And a great question. Thank you. Please help me out to grow my YouTube channel. Just click subscribe. And to watch more videos, just click under see more videos. I hope you enjoyed.