

INTERNATIONAL TRAINING CAMP KÄÄRIKU

22-26.08.22

DAY PLAN

8.00	Wake up and power walk
8.30-9.15	Breakfast
10.30-12.30	Trainings
13.00-14.00	Lunch
14.00-16.00	Rest
16.30-18.30	Trainings
18.30-19.30	Dinner
20.30-21.30	Activites (football, volleyball, basketball)
22.30	Good night

TRAINING PLAN

Monday, 22.08	16.00	Tatami placement
	16.30-18.30	Warm-up 10 min Ne-waza randori 4 x 3 min Uchi-komi 4 x 3 min Tachi-waza randori 6 x 4 min
Tuesday, 23.08	10.30-12.30	Warm-up 10 min Uchi-komi Tachi-waza randori 7 x 4 min Ne-waza randori 2 x 4 min
	16.30-18.30	Warm-up 10 min Ne-waza randori ippon change 10 min Uchi-komi 10 x 10 sek Tachi-waza randori 8 x 4 min
Wednesday, 24.08	10.30-12.30	Warm-up 10 min Ne-waza randori 4 x 4 min Uchi-komi 10 min Tachi-waza randori 4 x 4 min
	16.00-18.30	Football? Sauna
Thursday, 25.08	10.30-12.30	Warm-up 10 min Ne-waza randori 4 x 3 min Uchi-komi 4 x 3 min Tachi-waza randori 4 x 4 min
	16.00-18.30	Individual warm-up 1 min Individual uchi-komi 10 min Training compeition
Friday, 26.08	10.30-12.00	Warm-up 10 min Ne-waza randori ippon change 10 min Uchi-komi 10 x 10 sek Tachi-waza randori 6 x 4 min