

# INTERNATIONAL TRAINING CAMP

## KÄÄRIKU, 27.09-01.10.23

### SCHEDULE

8.00	Rise and shine
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	Different ballgames (football, volleyball, basketball)
22.30	Deep sleep

### TRAINING SCHEDULE

<b>Wednesday, 27.09</b>	<b>16.00</b>	Setting up tatami
	<b>16.30-18.30</b>	Warm-up 10 min Ne-waza randori 4 x 3 min Uchi-komi 4 x 3 min Tachi-waza randori 6 x 4 min
<b>Thursday, 28.09</b>	<b>10.30-12.30</b>	Warm-up 10 min Uchi-komi in triples Tachi-waza randori 7 x 4 min Ne -waza randori 2 x 4 min
	<b>16.30-18.30</b>	Warm-up 10 min Ne-waza randori ippon change 10 min Uchi-komi speed 10 x 10 sek Tachi-waza randori 8 x 4 min
<b>Friday, 29.09</b>	<b>10.30-12.30</b>	Warm-up 10 min Ne-waza randori 4 x 4 min Uchi-komi 10 min Tachi-waza randori 4 x 4 min
	<b>16.00-18.30</b>	Football? Sauna
<b>Saturday, 30.09</b>	<b>10.30-12.30</b>	Warm-up 10 min Ne -waza randori 4 x 3 min Uchi-komi 4 x 3 min Tachi-waza randori 4 x 4 min
	<b>16.00-18.30</b>	Individual warm-up 10 min Individual uchi-komi 10 min Tachi-waza 7 x 4 min
<b>Sunday, 01.10</b>	<b>10.30-12.00</b>	Warm-up 10 min Ne-waza randori ippon change 10 min Uchi-komi speed 10 x 10 sek Tachi-waza randori 6 x 4 min