



2011-12 U17 Training Plan

Windows of Trainability

- speed: males ages 13-16
- strength: females immediately after major growth spurt or at the beginning of menstruation
: males 12-18 months after their major growth spurt
- endurance: at the beginning of their major growth spurt (males and females)
- flexibility: special attention should be given to flexibility during the major growth spurt

Sept 26- Nov 20

Judo

- improve upon 3 throws from the U15 plan
- add 4th throw in the fourth direction so that you can throw your opponent in any direction
 - against same/opposite grip
- concentrate on your favourite throw and use the other 3 directions to compliment your favourite (using the 4 throws together)
- combinations using the 4 throws together and/or ashi waza combinations to 4 throws
- attack and defence for basic san kaku
- basic gripping against same side/opposite grip
- nutrition

Running

- 3 to 5 times/week
 - 30 to 40 minutes

-70-80% max heart rate

Weights

*consult with a trainer before starting a weight training program

Muscular Endurance

-3 sets of 15 – 25 reps

-one minute rest between sets

-30-50 % of 1 rep max

-to calculate one rep max go to: <http://www.timinvermont.com/fitness/orm.htm>

Exercises

-bench press

-upright row

-squats

-seated row

Camps

-Fall Camp: Steveston Judo Club September 24-25

-Regional training sessions/camps

Competitions

-BC Championships October 22

-Pacific International Junior November 19

-BC Games Trials

Nov 21-Jan 29

Judo

-develop 4 favourite throws in circular motion

- combinations
- moving and gripping
- reverse san kaku or other shime waza

Running

- 3 to 5 times/week
- 30 to 40 minutes
- 70-80% max heart rate
- incorporate 3-6 wind sprints in the middle of the run

Weights

Hypertrophy

- 3 sets of 8 - 12 reps
- 3-5 minutes rest between sets
- 70-80% of 1 rep max
- increase weight as your strength improves
- to calculate one rep max go to: <http://www.timinvermont.com/fitness/orm.htm>

Exercises

- bench press
- upright row
- squats
- seated row

Camps

- Winter Camp Dec 27-30 at the Abbotsford Judo Club with 2008 Olympian Nick Tritton

Competitions

- Canada West Dec 3

-Sask Open in Regina Jan 21-22

Jan 30-Apr 1

Judo

-strategy and tactics

-develop pre-competition/competition routine

-mental training

-progressive muscle relaxation, breathing, imagery, affirmations, key words

Running

-1 time/week

-30 to 40 minutes

-70-80% max heart rate

-2 times/week

-20 minutes running (warm up 70-80% max heart rate)

-sprints 2 x 50m, 2 x 100m, 2 x 200m (90-100% max heart rate)

Circuit

-2x/week

-25 sec each exercise

-5 sec to change exercises

-2 x each exercise

-10 mins rest between sets

-2-3 sets

-maximum reps with low weight

Exercises

-bench press

-sit up twists on decline bench

-back arches

-jumping squats

-chin ups

Weights

-once/week same as above

Camps

-Provincial camp after provincial championships Mar 3-4

Competitions

-*Spirit International Feb 4

-*Youth Provincial Championships Mar 3

-*Edmonton International Mar 31

*Selection tournaments for BC Team

Apr 2- May 13

Judo

-assess performance

-work on solutions for problems

Running

-3x/week

-70-80% max heart rate

-incorporate 6-8 wind sprints in middle of run

Weights

Hypertrophy

-3 sets of 8 - 12 reps

-3-5 minutes rest between sets

- 70-80% of 1 rep max (your 1 rep max should have increased!)

May 14-Jul 3

Judo

-shiai specific drills

-fine tune pre-competition/competition routine

-fine tune mental preparation

-fine tune strategy/tactics

Running

-1 time/week

-30 to 40 minutes

-70-80% max heart rate

-2 times/week

-20 minutes running (warm up 70-80% max heart rate)

-sprints 3 x 50m, 3 x 100m, 3 x 200m (90-100% max heart rate)

Circuit

-2x/week

-2 x each exercise

-10 mins rest between sets

-3 sets

-2 weeks: 25 sec each exercise, 5 sec to change exercises

-2 weeks: 20 sec each exercise, 10 sec to change exercises, increase weight if needed

-2 weeks: 15 sec each exercise, 15 sec to change exercises, increase weight if needed

-maximum reps with low weight

Exercises

-bench press

-sit up twists on decline bench

-back arches

-jumping squats

-chin ups

Weights

-once/week same as above

*Stop circuit, running, and exercises 7 to 10 days before Canadian Championships

*Running only to manage weight

Camps

-Inter-provincial camp in Canmore with Alberta and Saskatchewan June 1-3

Competitions

-Canadian Championships July 5-8

Jul 9-Jul 22

-rest and recovery

Jul 23-Sept 1

-maintain strength once a week with hypertrophy training

-maintain endurance once a week with 30-40 min jog at 70-80 % max heart rate

-active rest: stay active doing many activities like biking, hiking, swimming, playing other sports