



2011-12

U20 / Senior Training Plan

Sept 26- Dec 4

Judo

- improve on 4 direction judo
- circular motion judo
- gripping skills need to be refined
- combinations
- ashi waza
- improving mental, nutrition, tactics, strategy, decision making, pre-competition/competition routine, etc
- 3-6 times/week

Running

- 3 times/week
 - 30 to 40 minutes
 - 70-80% max heart rate

Weights

*consult with a trainer before starting a weight training program

Muscular Endurance-2 weeks (Sept 26-Oct 9)

- 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>

Hypertrophy-8 weeks (Oct 10-Dec 4)

-3 sets of 8-12 reps

-75-85 % of 1RM

-3 mins rest between sets

-increase weight as strength improves

Exercises

-bench press

-cleans

-squats

-bent row

Camps

-Fall Camp: Steveston Judo Club September 24-25

-Regional training sessions/camps

--Quebec Open Training Camp Oct 10-13

Competitions

-Quebec Open Oct 8-9

--BC Championships Oct 22

-Continental Crown Nov 5

-Pacific International Junior Nov 19

--Canada West Open Dec 3

+Selection tournaments for BC Team (Senior)

Dec 5-Jan 15

Judo

- continually working with coach to assess and improve upon current skills
- continue to improve upon mental training, etc

Running

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

Weights

Maximum Strength-6 weeks

- 2 times/week
- warm up with 2-3 sets of light weight with each exercise before doing heavy weights
- 3-4 sets of 3-4 reps
- 3-4 minutes rest between sets
- 85-95% of 1 rep max
- to calculate one rep max go to: <http://www.timinvermont.com/fitness/orm.htm>

Exercises

- bench press
- cleans
- squats
- bent row

Camps

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

Jan 16-Feb 26

Judo

- continually working with coach to assess and improve upon current skills
- continue to improve upon mental training, etc

Running

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

Weights

Power 6 weeks

- 2x/week
- 3 sets of 5 reps
- 70-80% 1RM
- 2-5 mins rest between sets
- once/week strength training as above

Camps

- Provincial camp after provincial championships Mar 3-4

Competitions

- *Spirit International Feb 4
- +Pacific International Feb 18
- *Selection tournaments for Junior BC Team
- +Selection tournaments for Senior BC Team

Feb 27-Apr 1

Judo

- assess performance
- work on solutions for problems

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 400m (90-100% max heart rate)

Circuit

- 2x/week
- 2 x each exercise
- 10 mins rest between sets
- 2 sets
- 25 sec each exercise, 5 sec to change exercises
- maximum reps with low weight

Exercises

- bench press
- sit up twists on decline bench
- back arches
- jumping squats
- chin ups

-once/week strength training as above

Camps

-Youth Provincials Mar 3-4 Kamloops

-Edmonton Apr 1

Competitions

-*Youth Provincials in Kamloops Mar 3

-*+Edmonton International Mar 31

*Selection for Junior BC Team

+Selection for Senior BC Team

Apr 2-May 13

Judo

-shiai specific drills

-fine tune pre-competition/competition routine

-fine tune mental preparation

-fine tune strategy/tactics

Running

-3 times/week

-30 to 40 minutes

-70-80% max heart rate

-incorporate 6 wind sprints in the middle of the run

Weights

Power 6 weeks

-2x/week

-3 sets of 5 reps

-70-80% 1RM

-2-5 mins rest between sets

Weights

-once/week strength training as above

May 14-June 24

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 400m (90-100% max heart rate)

Circuit

-2x/week

-2 x each exercise

-10 mins rest between sets

-3-4 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 strength training as above

Camps

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

-National Training Camp July 9-12 Toronto

Competitions

-Ontario Open May 19-20

-Canadian Championships July 5-8 Toronto

Jul 9-Jul 15

-rest and recovery

Jul 16-29

- muscular endurance 3 times/week
- running 3-5 times/week 70-80 % max heart rate
- judo

July 30-Sept 23

- hypertrophy 3 times/week
- running 3 times/week 70-80% max heart rate
- judo