

Judo BC Summer Conditioning 2016

All summer (July 11st to September 2nd)

How many training : between 2 – 5 trainings per week

Goal : Keep in shape during the summer to prepare next season.

You can do thses trainings by biking, runing, rowing or whatever you like.

How to: You can train 2, 3, 4 or 5 times a week as your schedule allow

Training 1 : long intervals

- 10 min warm up
- 15 min normal (70%)
- 5-10 min faster (80%)
- 15 min normal (70%)
- 15 min stretching

Training 2 : Fartlek (speed training – fast training intermixed with slower training)

- warm up : 10 min slowly

Body :(1 min acceleration + 3 min slowly)
x 6 – 10 times

Active recuperation :

- 7 min slowly
- 15 min stretching

Training 3 : Short intervals

- warm up : 10 min slowly

Body : You can do between 1 to 3 times

- 15 sec fast + 15 sec walking,
- 30 sec fast + 30 sec walking,
- 45 sec fast + 45 sec walking,
- 1 min fast + 1 min walking,
- 2 min fast + 2 min walking,
- 1 min fast + 1 min walking,
- 45 sec fast + 45 sec walking,
- 30 sec fast + 30 sec walking,
- 15 sec fast + 15 sec walking,

Active recuperation

- 10 min slowly
- 15 min stretching

Strength Training 1 :

- Warm up : 20 min slowly

Body : Circuit x 5 – 7 times

- 30 pushups, 15 lunges, 50 situps, 20 squats, rest : 1min30
- 7 min slowly
- 15 min stretching

Strength Training 2 :

- Warm up : 20 min slowly

Body : Circuit x 5 – 7 times

- 10 chin-ups, 15 jumps 2 feet, 1 min plank, 40 shadow uchikomi, rest : 1min30
- 7 min slowly
- 15 min stretching

Example 2 trainings : Training 2 + Strength Training 1

Example 3 trainings : Training 1 + Strength Training 1 + Training 2

Example 4 trainings : Training 2 + Strength Training 1 + Training 3 + Strength Training 2

Example 5 trainings : Training 1 + Strength Training 1 + Training 2 + Strength Training 2 + Training 3