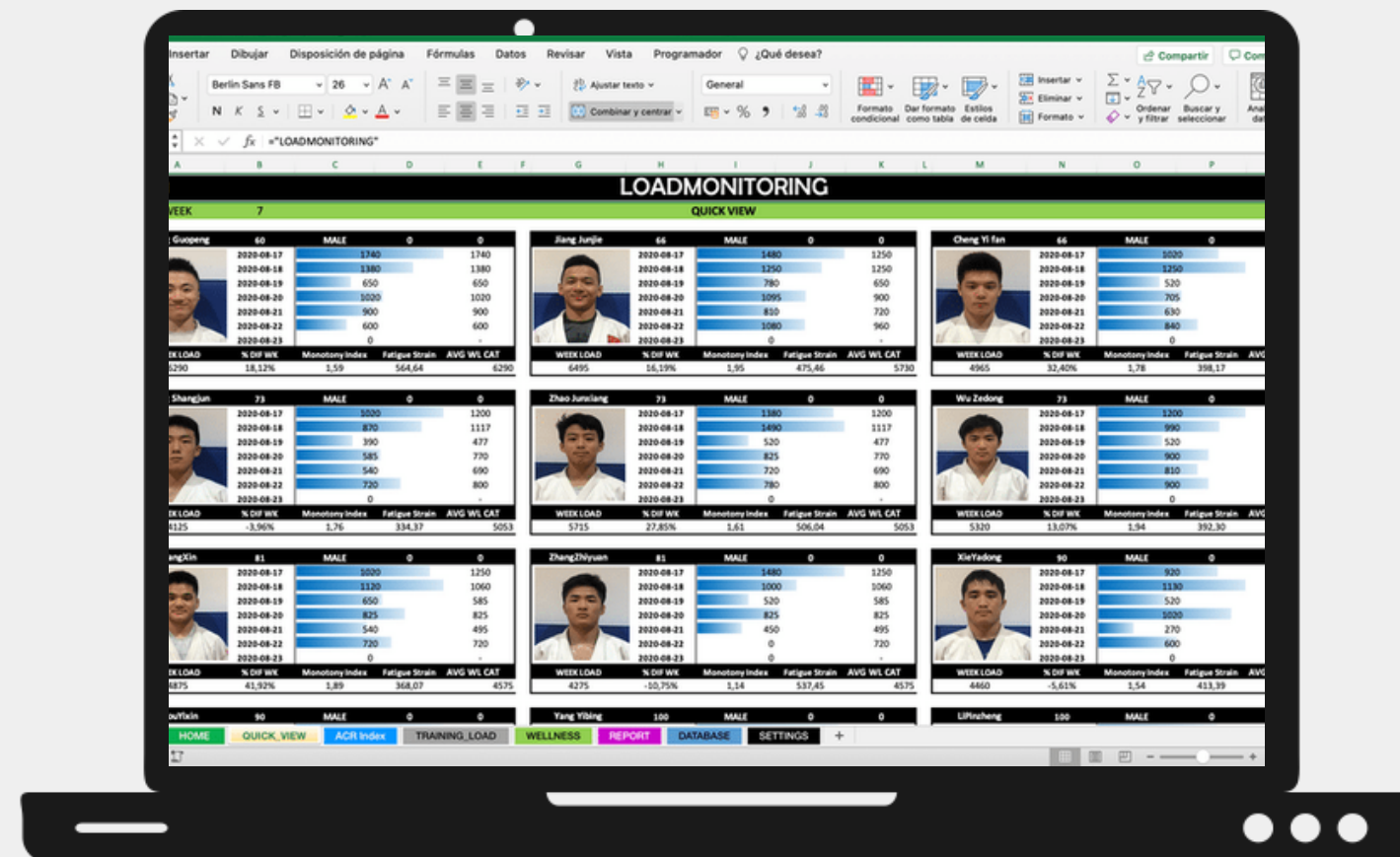




Judo Training Load V1.0

The new tool for judo coaches



Felipe Sanchez

Founder & CEO Judotraining

Training Load

Adjusting *training workload* and assessing its effects are essential to achieve positive physiological adaptations and enhanced performance. Excessive workloads may produce adverse effects and a greater propensity to injury, overreaching, or overtraining, whereas insufficient workloads will not result in physiological adaptations.

Training load comprises *internal* and *external workload*, whereby internal training load quantifies the physical loading experienced by an athlete and external training load describes the quantification of work external to the athlete.

Among the *different methods* to measure internal and external training workloads, more practical and simple measures are the most widely used to monitor daily training.



RPE Method

The session-RPE method



The session-RPE method is a simple system for monitoring internal training load in athletes. This system requires athletes to subjectively rate the intensity of the entire training session using a rating of perceived exertion (RPE) according to the category ratio scale (CR 10-scale) of Borg et al. (1985)

RPE method in Judo



Discover how to use this method in our sport and how to monitor the training load using this useful tool that we are developed for judo coaches.

1 一	Really easy 十分轻松
2 二	Easy 轻松
3 三	Moderate 一般, 中等水平
4 四	Somewhat hard 有点难
5 五	Hard 困难
6 六	
7 七	Very hard 非常困难
8 八	
9 九	Extremely hard 非常, 非常困难
10 十	Maximal: just like my hardest race 极限值, 是我做过的最难的

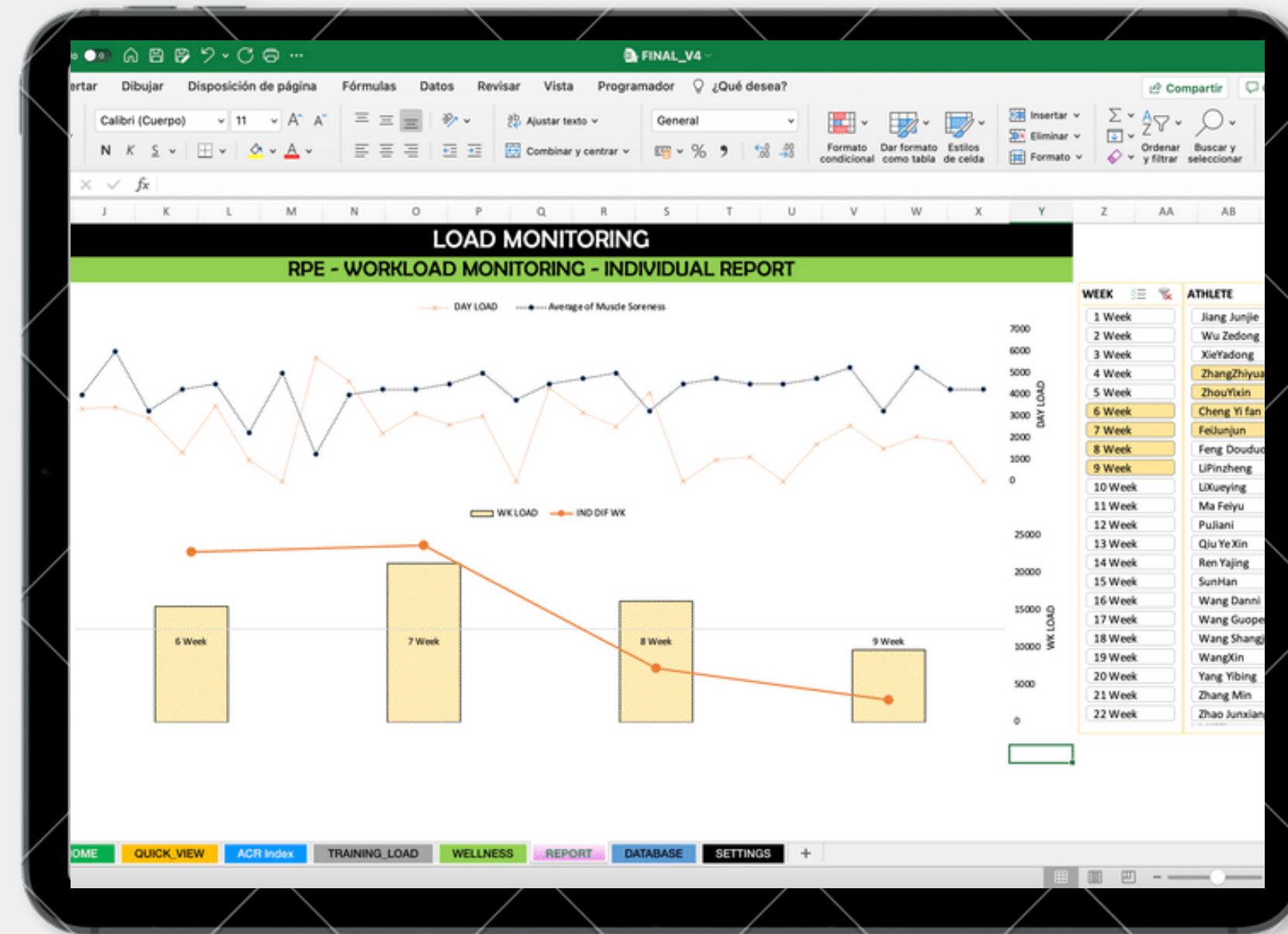


JudoTraining Load V1.0

Discover this new tool for judo coaches and take your's team performance to the next level

01 Monitoring the training load of your athletes

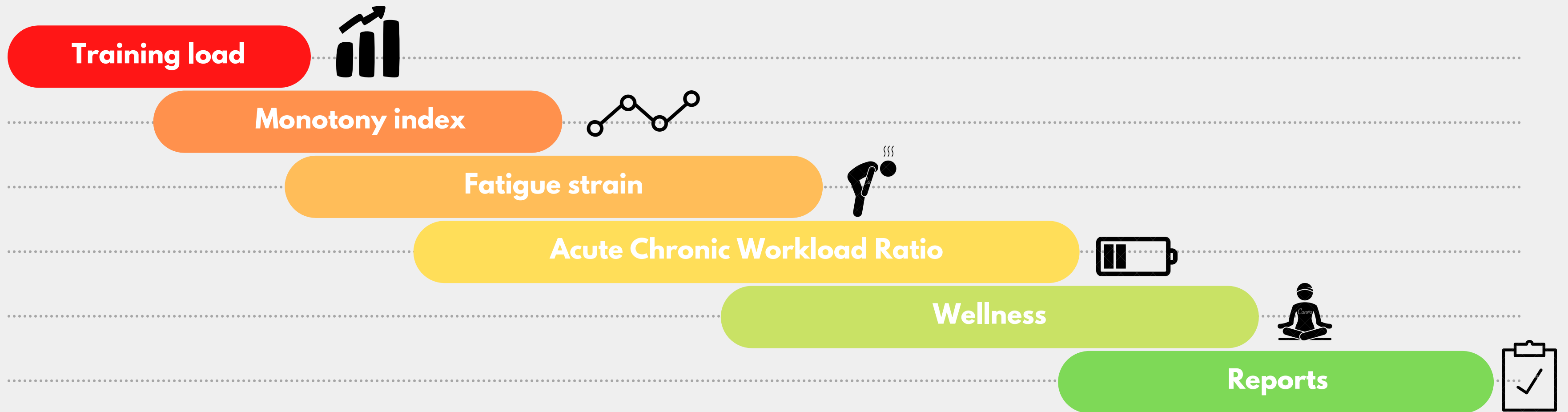
02 Understand what is happening and know your athletes better



03 Make decisions according the data analysis

04 Take your's team performance to the next level

Calculate easily...



Data calculated with JudoTraining Load V1.0

We Use Training Load Data For?

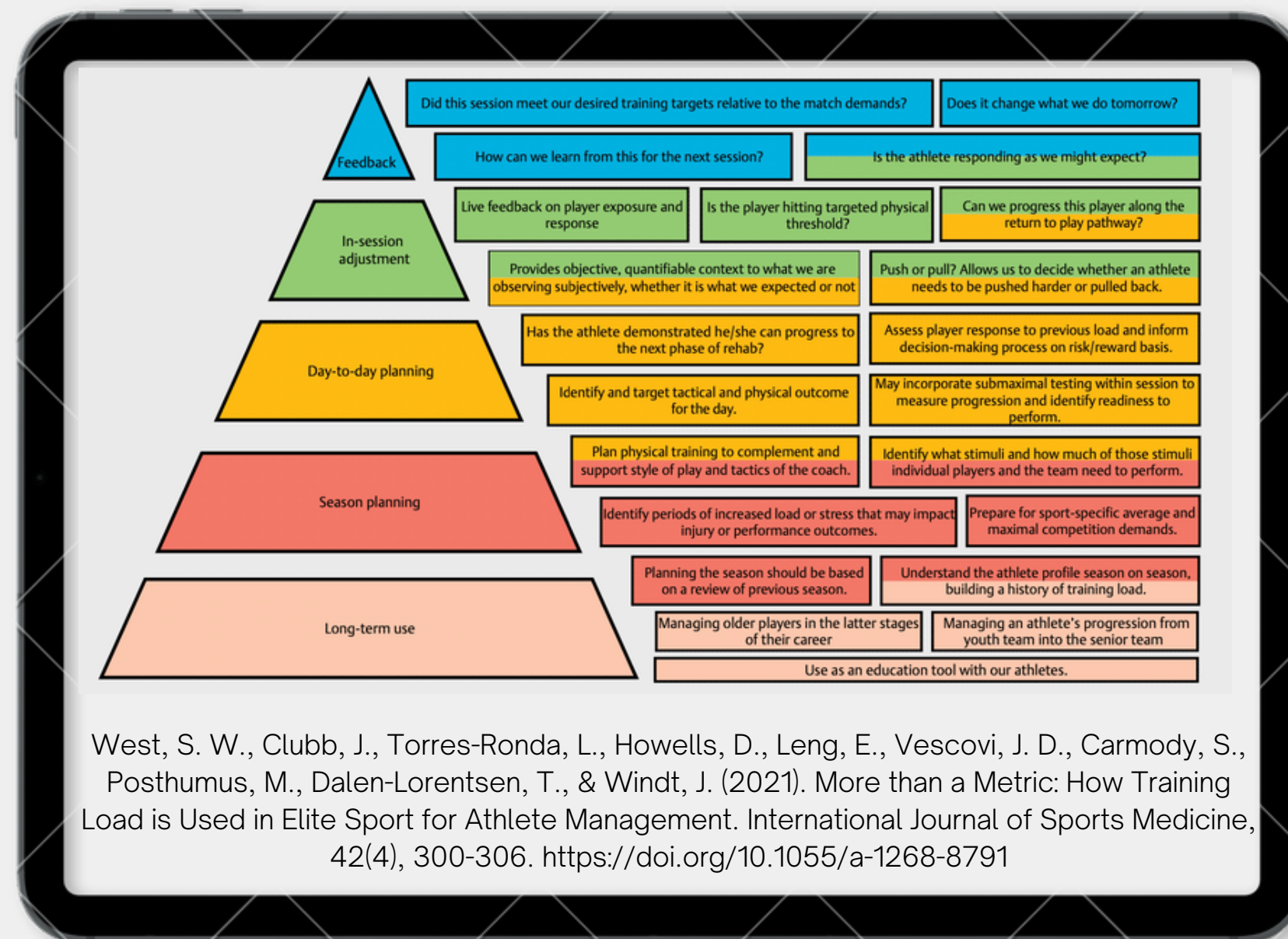
01 Feedback

02 In-session adjustment

03 Day-to-day planning

04 Season planning

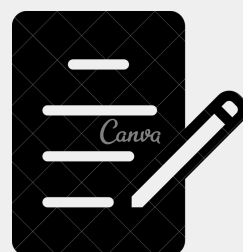
05 Long-term use



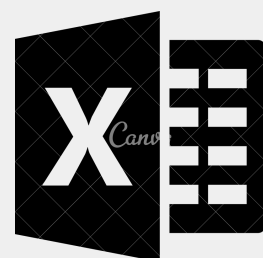
West, S. W., Clubb, J., Torres-Ronda, L., Howells, D., Leng, E., Vescovi, J. D., Carmody, S., Posthumus, M., Dalen-Lorentsen, T., & Windt, J. (2021). More than a Metric: How Training Load is Used in Elite Sport for Athlete Management. *International Journal of Sports Medicine*, 42(4), 300-306. <https://doi.org/10.1055/a-1268-8791>



Sign up



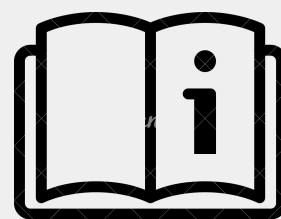
01 Enter at www.nowsai.com and take this product:
""JudoTraining Load V1.0. Excel sheet+webinar"



02 Before the course starts we will send to you the excel sheet and the link to join our webinar about monitoring the training load in judo athletes.



03 Join the webinar and have the opportunity to ask all the questions you have about this topic.

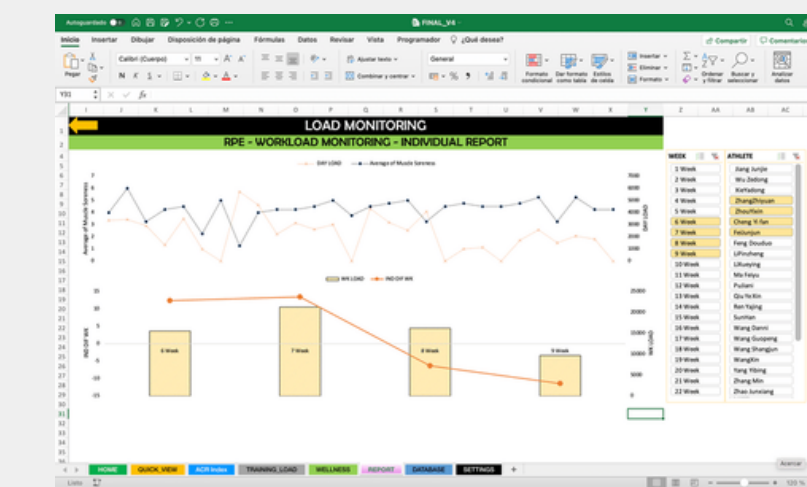
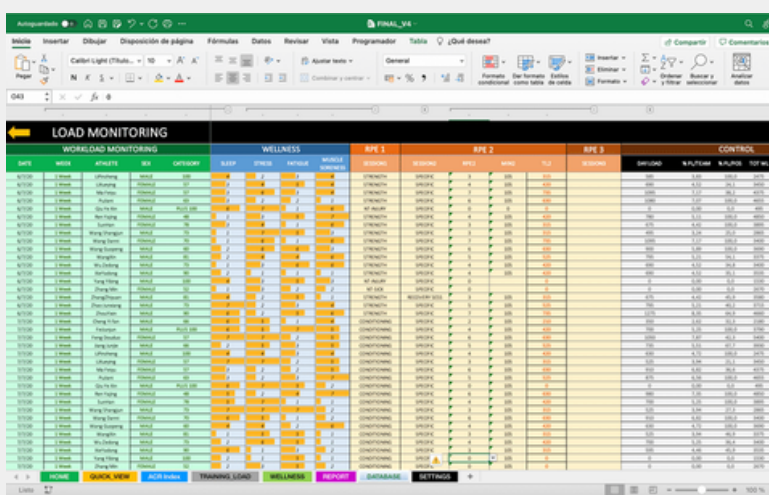
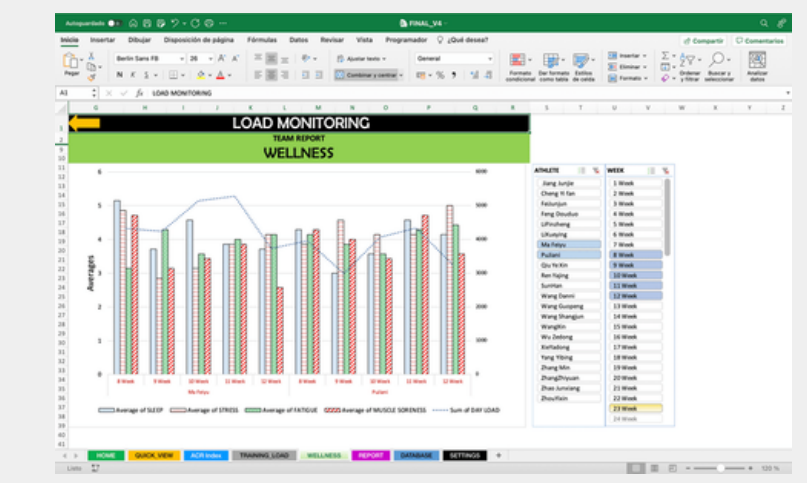
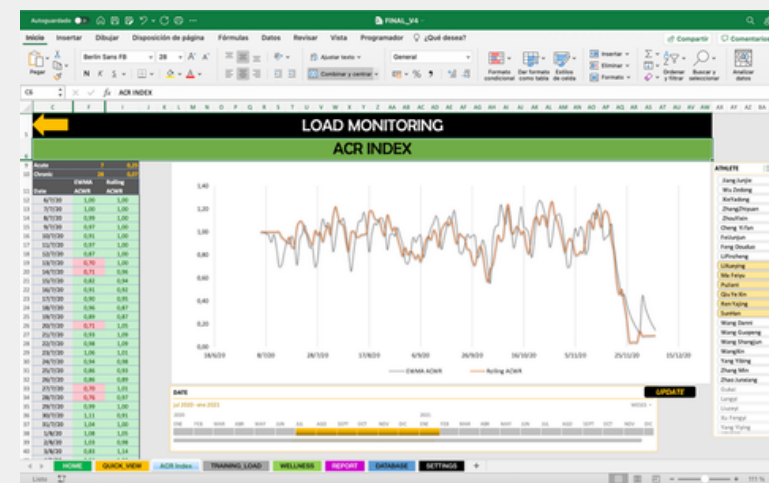
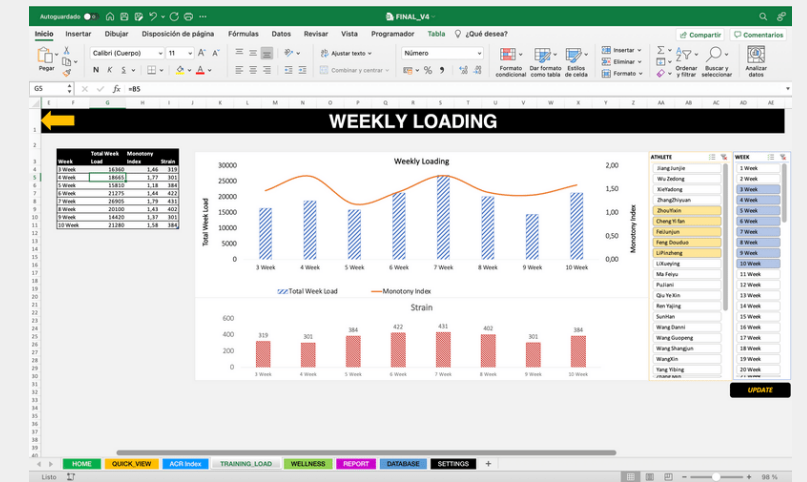
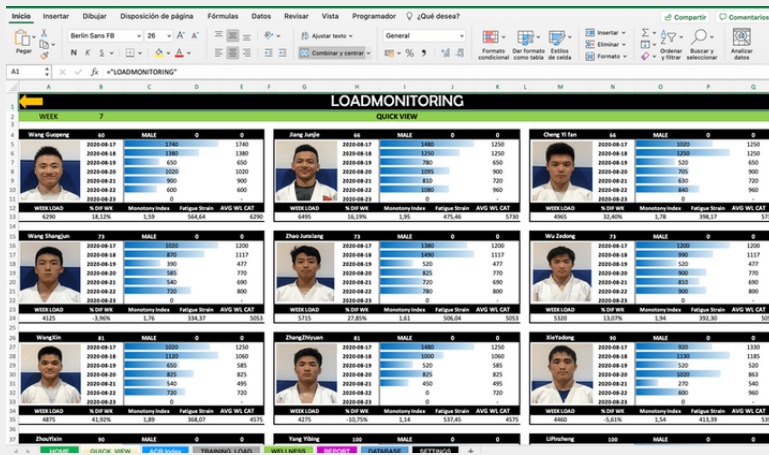


04 You will also receive in your email the User's guide.





Excel sheet



Autoguardado FINAL_V4

Inicio Insertar Dibujar Disposición de página Fórmulas Datos Revisar Vista Programador ¿Qué desea?

Calibri (Cuerpo) 11 Ajustar texto General

H22

QUICK VIEW

TRAINING LOAD

ACWR

WELLNESS

Judo Training Load Monitoring V1.0

JUDO TRAINING

USERNAME:

PASSWORD:

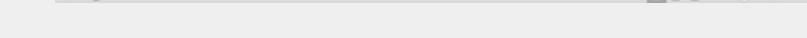
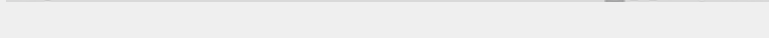
OK

REPORT

DATABASE

SETTINGS

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For customizations, please email: felpellanes@gmail.com



Course

1.5 h course about how to analyze training load and monitoring data in judo



- 01** How to control the training load in judo athletes. Theoretical aspects
- 02** Use our new tool JudoTraining Load V1.0. Functions and calculations.
- 03** How to use the metrics to improve your's team performance



JUDO TRAINING

Thank You



Contact us to learn more

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