



EUROPEAN JUDO UNION

EJU Training Camp Alicante/Benidorm

2022

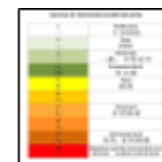
Spain

June 27th– July 03rd 2022

DAY	TIME	GROUP
Tuesday, June 28	09:00 – 10:30	MEN
	11:00 – 12:30	WOMEN
	16:30 – 18:00	MEN
	18:30 – 20:00	WOMEN
Wednesday, June 29	09:00 – 10:30	WOMEN
	11:00 – 12:30	MEN
	16:30 – 18:00	WOMEN
	18:30 – 20:00	MEN
Thursday, June 30	09:00 – 10:30	MEN
	11:00 – 12:30	WOMEN
	Free Training	MEN
	Free Training	WOMEN
Friday, July 1	09:00 – 10:30	WOMEN
	11:00 – 12:30	MEN
	16:30 – 18:00	WOMEN
	18:30 – 20:00	MEN
Saturday, July 2	09:00 – 10:30	MEN
	11:00 – 12:30	WOMEN
	16:30 – 18:00	MEN
	18:30 – 20:00	WOMEN
Sunday, July 3	09:00 – 10:30	WOMEN
	11:00 – 12:30	MEN
	ALL DAY - DEPARTURES	



TEAM 团队: SEASON 季节:
 WEEK 周: MICROCYCLE 微循环:
 COACH 教练:



	星期一	星期二	星期三	星期四	星期五	星期六	星期日
CONDITIONING		BENIDORM TC 08.50 男女 10.00-12.00 JUDO 12.15/12.45 男女 4x4' NW 寝技实战 4x4' TW 投技实战 (must do all)	BENIDORM TC 09.00 女 09.30-11.00 JUDO 11.00 男 11.30-13.00 JUDO (must do all) 4x3' NW 寝技实战 4x4' TW 投技实战	BENIDORM TC 09.00 男 09.30-11.00 JUDO 11.00 女 11.30-13.00 JUDO 3x3' NW 寝技实战 6x3' TW 投技实战	BENIDORM TC 09.20 男女 10.00-12.00 JUDO 12.15/12.45 男女 3x3' NW 寝技实战 4x4' TW 投技实战	COMPETITION SPANISH CUP 09.00 ELIMINATION ROUNDS 14.00 FINALS	REST 休息
STRENGTH		BENIDORM TC 17.00 男女 18.00-20.00 JUDO 20.15/20.45 男女 7x4' TW 投技实战 (must do 6)	BENIDORM TC 16.30 女 17.00-18.30 JUDO 18.30 男 19.00-20.30 JUDO (must do 5) 8x4' TW 投技实战	TRAINING CHINA TEAM to be determined	14.45 BUS BENIDORM-VALENCIA 19.00 JUDO 19.00-21.00 WEIGHT IN		REST 休息
强度	5	5	6	7	5		
强度	3	6	5	3	0	7	
强度	8	11	11	10	5	7	52