



# Programme Planning for CHINA NATIONAL GAMES 2021

In this document I will explain the real periodisation that I applied when I was working with **Shanghai Judo Team** to prepare the China National Games 2021, competition, that was held in Shaanxi on September 2021.

China National Games is the most important competition in China, being held every four years, and best 16 athletes in each weight category join the competition.

Shanghai Elite Sports Training Center is a young judo team, and in the last China Games in 2018 they did not get any medal. In the qualification competition in April we qualified four athletes for this event.

In this document I will talk about some different points:

1. The aims and objectives trying to be achieved
2. The strategies used to meet the objectives
3. The evaluation methods used to measure performance
4. Results



# 1. Aims/objectives

In this case this competition was the main goal of all this cycle of four years. In China provincial teams focus all their efforts in achieve good results in this competition, the **China National Games**.

In our case, after qualifying four athletes for the competition our realistic goals with our team were:

- XIE YADONG -90 kg** get a medal
- ZHANG ZHIYUAN -81 kg** get a medal
- LI PINZHENG -100 kg** top 7
- WU ZEDONG – 73 kg** top 7

Goal setting was determined with the athletes in a personal interview.



**中国陕西 2021**  
**SHAANXI CHINA**



## 2. Strategies/Periodisation

After finish the qualifying competition and knowing which athletes were qualified and how many weeks we have to prepare the China National Games, I figured out the training plan to prepare this event.

Due the pandemic situation in China, with many restrictions and many problems to go abroad, we decided to prepare the competition in China, although the lack of competitions here would be a disadvantage, but is true that all teams would be in same conditions.

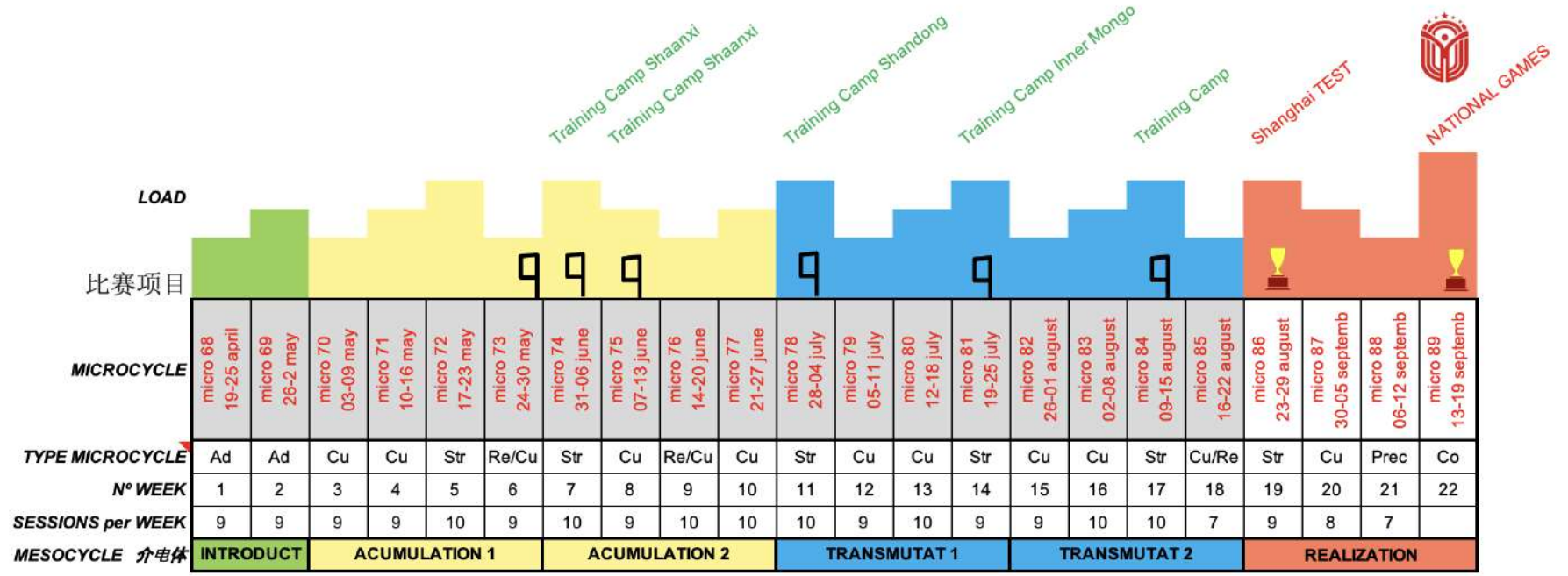
For this reason we decided to do at least 3-4 training camps in other provinces, trying to increase the quality and intensity of our training.

Our team is small team if we compare with other teams in China, and would be good for us try to go to different places to find partners with same or stronger level than our athletes, especially in some striking microcycles.

# 2. Strategies/Periodisation

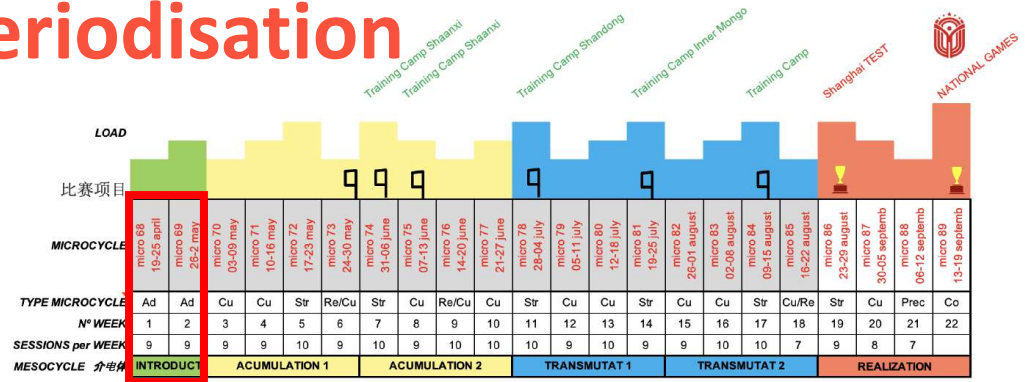
In this chart we can see the different phases in our periodisation.

- INTRODUCTORY MESOCYCLE** (19 April-2 May)- 2 WEEKS
- ACUMULATION 1 MESOCYCLE** (3 May-30 May)- 4 WEEKS
- ACUMULATION 2 MESOCYCLE** (31 May-27 June)- 4 WEEKS
- TRANSMUTATION 1 MESOCYCLE** (28 June-25 July)- 4 WEEKS
- TRANSMUTATION 2 MESOCYCLE** (26 July-22 August)- 4 WEEKS
- REALISATION MESOCYCLE** (23 August-19 September)- 4 WEEKS



# 2. Strategies/Periodisation

## INTRODUCTORY MESOCYCLE (19 April-2 May)



After one week transition after the qualify competition we started with this **introductory mesocycle**, with the main idea to start to train after 1 week holidays. We included some evaluation tests to know the real status of our athletes (body composition, VO2max, strength)

This 2-week mesocycle was characterized by **medium load** and **low intensity**. General conditioning was performed during this mesocycle (running, circuit training, etc...).

Regarding **judo training** we included 5 sessions per week, 2 sessions more focused on technical training and 3 sessions more focused on randori. In one of this session we included some wrestling skills to learn how to fight with different judo styles. We also do fights with athletes wearing judogi vs athletes without judogi to practice fighting with a disadvantage.

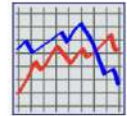
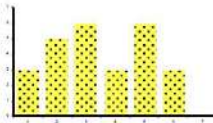
Below I have included the **schedule** of all microcycles in this phase.

# 2. Strategies/Periodisation

## INTRODUCTORY MESOCYCLE (19 April-2 May) WEEK 1



TEAM 团队:	JUDO SHANGHAI	SEASON 季节:	2021
WEEK 周:	19-25 April	MICROCYCLE 微循环:	68-adj
COACH 教练:	Felipe Sánchez		



	星期一	星期二	星期三	星期四	星期五	星期六	星期日
REST 休息	REST 休息	09.00 JUDO 柔道 Warm up 热身 15' CIRCUIT OREGON 45' Light intensity 60-70% maxHR	08.30 GYM 健身房 strength training 力量训练 Uchi komi bands 弹力带打达 x 200 Rowing 12' Moderate intens 70-80%	REST 休息	09.00 JUDO 柔道 Warm up 热身 15' CIRCUIT OREGON 45' Light intensity 60-70% maxHR	08.30 GYM 健身房 strength training 力量训练 Uchi komi bands 弹力带打达 x 200 Rowing 12' Moderate intens 70-80%	REST 休息
强度	0	3	3	0	3	3	0
15.00 JUDO 柔道 Warm up 热身 15' Uchikomi 打达 10x10 Ysgeiko group 5x 4'/30" 连络技打达 Randori TW. 投技实战 2x (3x4/30")/1'30" Randori NW 寝技实战 6x3'/30"	15.00 JUDO 柔道 Warm up 热身 15' TECHNIQUE 投技技术 Ashi waza 30' Randori ashi waza 5 x3' Def uke between legs 15 ROPE CLIMBINGx 3	15.00 JUDO 柔道 Warm up 热身 15' Uchikomi 打达 10x10 Ysgeiko group 5x 4'/30" 连络技打达 Randori TW. 投技实战 2x (3x4/30")/1'30" Randori NW 寝技实战 6x3'/30"	15.00 JUDO 柔道 Warm up 热身 15' TECHNIQUE 投技技术 Ashi waza 30' Randori ashi waza 5 x3' Posic defenza entre pier ROPE CLIMBINGx 4	15.00 JUDO 柔道 Warm up 热身 15' Uchikomi 打达 10x10 Ysgeiko group 5x 4'/30" 连络技打达 Randori TW. 投技实战 2x (3x4/30")/1'30" Randori NW 寝技实战 6x3'/30"	REST 休息	REST 休息	REST 休息
强度	3	2	3	3	3	0	0
强度	3	5	6	3	6	3	0

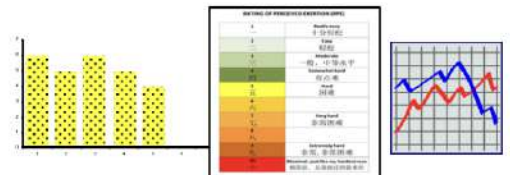
**NOTES:** First week after 1 week holidays after China Qualification Competition  
 Strength training: circuit training with general exercises 7 exercises x 25"/10" x 5 rounds  
 Technical training: ashi waza and defense in newaza when uke is between our legs.  
 Interview with athletes to set the goals for the China Games

# 2. Strategies/Periodisation

## INTRODUCTORY MESOCYCLE (19 April-2 May) WEEK 2



TEAM 团队:	JUDO SHANGHAI	SEASON 季节:	2021
WEEK 周:	26-02 May	MICROCYCLE 微循环:	69-adj
COACH 教练:	Felipe Sánchez		



	星期一	星期二	星期三	星期四	星期五	星期六	星期日
	09.00 JUDO 柔道 Warm up 热身 15'  CIRCUIT OREGON 45' Light intensity 60-70% maxHR  	09.00 GYM 健身房  strength training 力量训练   Rowing 10' Moderate intens 70-80% Uchi komi bands 弹刀带打込 x 200 	09.00 JUDO 柔道 Warm up 热身 15'  CIRCUIT OREGON 45' Light intensity 60-70% maxHR  	09.00 GYM 健身房  strength training 力量训练   Rowing 10' Moderate intens 70-80% Uchi komi bands 弹刀带打込 x 200 	09.00 JUDO 柔道 Warm up 热身 15' Uchikomi Ysgeiko group 5x  连络技打込 Randori TW. 投技实战 6x (2'+2'+2' KaiGeik)/45" Randori NW 寝技实战 6x3'/30" Conditioning 	REST 休息 	REST 休息 
强度	3	3	3	3	4	0	0
	15.00 JUDO 柔道 Warm up 热身 15'  Uchikomi Ysgeiko group 5x 4'/30" 连络技打込 Randori TW. 投技实战 6x (2'+2'+2' KaiGeik)/45" Randori NW 寝技实战 6x3'/30"	15.00 JUDO 柔道 Warm up 热身 15'  TECHNIQUE 投技技术   ROPE CLIMBINGx 3	15.00 JUDO 柔道 Warm up 热身 15' Uchikomi  Ysgeiko group 5x 4  连络技打込 Randori TW. 投技实战 2x (4x4/30")/1'30" 4 jacket/4 no jacket Randori NW 寝技实战 6x3'/30" 3 jacket/3 no	15.00 JUDO 柔道 Warm up 热身 15'   TECHNIQUE 投技技术   ROPE CLIMBINGx 4	REST 休息 	REST 休息 	REST 休息 
强度	3	2	3	2	0	0	0
强度	6	5	6	5	4	0	0

**NOTES:** Second week after 1 week holidays after China Qualification Competition  
 Strength training: circuit training with general exercises 7 exercises x 25"/10" x 5 rounds  
 Technical training: review ashi waza and countermovement techniques (ura nage)  
 Good training this week!



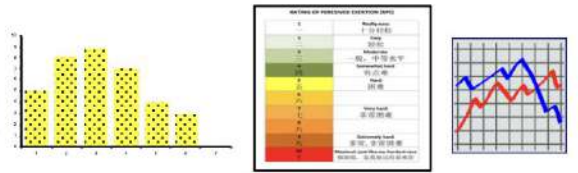


# 2. Strategies/Periodisation

## ACUMULATION 1 MESOCYCLE (3 May-30 May) WEEK 4



TEAM 团队:	JUDO SHANGHAI	SEASON 季节:	2021
WEEK 周:	10-16 May	MICROCYCLE 微循环:	71-cumulat
COACH 教练:	Felipe Sánchez		



星期	星期一	星期二	星期三	星期四	星期五	星期六	星期日
强度	0	4	3	3	4	3	0
强度	5	4	6	4	0	0	0
强度	5	8	9	7	4	3	0
							36

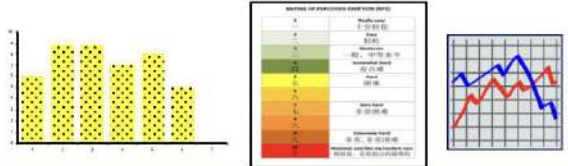
NOTES: 4th week...good feelings!  
Training by groups on Tuesday and Thursday was great!

# 2. Strategies/Periodisation

## ACUMULATION 1 MESOCYCLE (3 May-30 May) WEEK 5



TEAM 团队: JUDO SHANGHAI      SEASON 季节: 2021  
 WEEK 周: 17-23 May      MICROCYCLE 微循环: 72-striking  
 COACH 教练: Felipe Sánchez



	星期一	星期二	星期三	星期四	星期五	星期六	星期日
	REST 休息 	09.00 GYM 健身房 Warm up 热身 15' strength training 力量训练 	09.00 JUDO 柔道 Warm up 热身 15'  Running 1 x 6/5/4 laps 2' rest Moderate intens 70-80% maxHR Conditioning  ROPE CLIMBING x 6	09.00 GYM 健身房 Warm up 热身 15' strength training 力量训练 	09.00 JUDO 柔道 Warm up 热身 15' Yako soku geiko 连络技打込  5 x 5' /20" Nagekomi 投込  5 x 1'+1' /20" ROPE CLIMBING x 5	09.00 GYM 健身房 Warm up 热身 15' strength training 力量训练 	REST 休息 
强度	0	5	3	3	2	5	0
	15.00 JUDO 柔道 Running 跑步 25' Moderate intens 70-80% Circuit training 3 x (3x1' Randori  10 x (2'TW+2'NW+2'TW) 5 with judogi 4 without ROPE CLIMBING x 4	JUDO 柔道 group 1- 14.30 group 2- 16.00 Warm up 热身 15' Technique 30' Kumikata 20' Nage komi 10' Randori NW 寝技实战 15'	15.00 JUDO 柔道 Warm up 热身 30' Randori TW. 投技实战 "Moto gachi" 10 x 5' /30" 6 athletes must do all (Rest of athletes x 7)	JUDO 柔道 group 1- 14.30 group 2- 15.45 Warm up 热身 15' Technique 30' Kumikata 20' Nage komi 10' Randori NW 寝技实战 15'	15.00 JUDO 柔道 Running 跑步 25' Moderate intens 70-80% Circuit training 3 x (3x1' Randori  8 x (2'TW+2'NW+2'TW) 4 with judogi 4 one with judogi other without	REST 休息 	REST 休息 
强度	6	4	6	4	6	0	0
强度	6	9	9	7	8	5	0

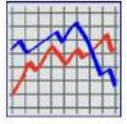
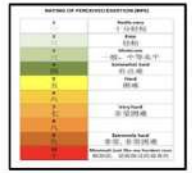
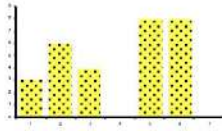
NOTES: this week we put the running before judo session, trying to find new training stimulus.  
 Wednesday we have many athletes injured to do Moto Dach, so finally we changed and we did 8 randori x 5'/30" +12' Golden score by groups.

# 2. Strategies/Periodisation

## ACUMULATION 1 MESOCYCLE (3 May-30 May) WEEK 6



TEAM 团队: JUDO SHANGHAI      SEASON 季节: 2021  
 WEEK 周: 24-30 May      MICROCYCLE 微循环: 73-recov/cumul  
 COACH 教练: Felipe Sánchez



	星期一	星期二	星期三	星期四	星期五	星期六	星期日
REST 休息		09.00 GYM 健身房 Warm up 热身 15' strength training 力量训练	09.00 JUDO 柔道 Warm up 热身 15' Running 1 x 6 laps Light intensity 60-70% Football 2 x 20' Core training 10'	TRAVEL SHANGHAI-HANCHENG	09.00 CONDITIONING Warm up 热身 10' 12' running 3x4x24" 3' running UK 3' running bands + core total 70'	09.00 JUDO 柔道 Warm up 热身 15' Randori session TW 8x4'/40" NW 4x3'/30"	REST 休息
强度	0	3	2	0	3	5	0
15.00 JUDO 柔道 Warm up 热身 15' Uchikomi Circuit training 5 x (5x1) Randori TW 5x5'/30" NW 5x3'/15" ROPE CLIMBING x 3	15.00 JUDO 柔道 Warm up 热身 15' Technique 30' Kumikata 20' Nage komi 10' Randori NW 寝技实战 15' attack/deffense	15.00 JUDO 柔道 Warm up 热身 30' TECHNIQUE 投技技术 6 x 5' tecnica NeWaza 3x3 NW randori/30"	REST 休息	15.00 JUDO 柔道 Warm up 热身 15' Randori session NW 4x3'/30" TW 8x4'/40"	15.00 JUDO 柔道 Warm up 热身 15' SPECIFIC N.GAMES YSG 3 x 3' /3' CIRC TRAIN 3 x 4' /4' CONDITIONING 3 x (50-40-30-20-10)	REST 休息	
强度	3	3	2	0	5	3	0
强度	3	6	4	0	8	8	0

**NOTE:** Until Wednesday we trained in our base and on Thursday we travelled to Shaanxi with 10 athletes for the first training camp. Good training sessions in the first two days of the training camp. During the training camp we follow the Shaanxi team training for randori sessions (in red). Rest of sessions we did by ourselves.

# 2. Strategies/Periodisation

## ACUMULATION 1 MESOCYCLE (3 May-30 May)

**HANCHENG**

**01:31**  
May 29, 2021  
9:40 AM - 11:11 AM

TYPE: TRAINING  
SPORT: OTHER  
SESSION NAME: WU+8X4TW+4X3NW

Player	Total Players	Average [%]	Maximum [%]	Calories [kcal]
YIFAN CHENG	11	70	96	809
JUNJIE JIANG	3	68	86	859
PINZENG LI	3	64	91	951
GUOPENG WANG	9	74	95	812
SANJUN WANG	5	72	92	749
XIN WANG	8	69	84	849
ZEDONG WU	4	70	90	1017
YADONG XIE	10	73	95	1226

TEAM 团队: JUDO SHANGHAI    SEASON 季节: 2021  
 WEEK 周: 24-30 May    MICROCYCLE 微循环: 73-recov/cumul  
 COACH 教练: Felipe Sánchez

星期	星期一	星期二	星期三	星期四	星期五	星期六	星期日
REST 休息	09:00 GYM 健身房 Warm up 热身 15' strength training 力量训练	09:00 JUDO 柔道 Warm up 热身 15' Running 1 x 6 laps Light intensity 70-70% Football 2 x 20' Core training 10'	TRAVEL SHANGHAI-HANCHENG	09:00 CONDITIONING Warm up 热身 10' 12' running 3x4x24" 3' running UK 3' running bands + core total 70'	REST 休息	REST 休息	REST 休息
15:00 JUDO 柔道 Warm up 热身 15' Uchikomi Circuit training 5 x 5x1 Randori TW 5x5/30" NW 5x3/15"	15:00 JUDO 柔道 Warm up 热身 15' Technique 30' Kumikata 20' Nagekomi 10' Randori NW 寝技实战 15' attack/defense	15:00 JUDO 柔道 Warm up 热身 30' TECHNIQUE 投技技术 6 x 5' technique NeWaza 3x3 NW randori/30"	REST 休息	15:00 JUDO 柔道 Warm up 热身 15' Randori session NW 4x3/30" TW 8x4/40"	15:00 JUDO 柔道 Warm up 热身 15' Randori session TW 8x4/40" NW 4x3/30"	REST 休息	
3	3	3	2	0	3	3	0

NOTE: Until Wednesday we trained in our base and on Thursday we travelled to Shanghai with 10 athletes for the first training camp. Good training sessions in the first two days of the training camp. During the training camp we follow the Shaanxi team training for randori sessions (in red). Rest of sessions we did by ourselves.

**YADONG XIE**  
WU+8X4TW+4X3NW 9:40 AM - May 29, 2021

HR AVG: 73% (137 [BPM])    HR MAX: 95% (178 [BPM])    CALORIES: 1226 [KCAL]

OTHER: 01:31:09    99%

TIME IN ZONES

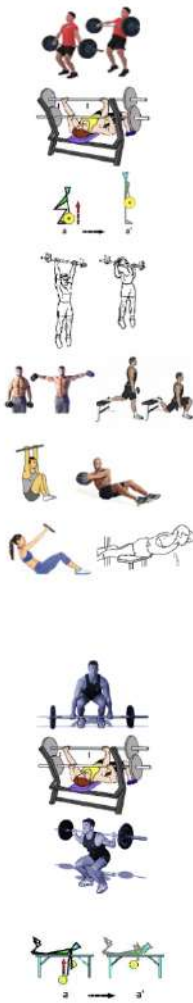
Zone	Percentage	Time
5	11%	00:10:14
4	27%	00:24:54
3	20%	00:18:24
2	18%	00:16:06
1	24%	00:21:32

HEART RATE GRAPH

# 2. Strategies/Periodisation

ATHLETE: XieYadong 谢亚东

NOTES: Rest: (\*) 2 min (^) 1 min



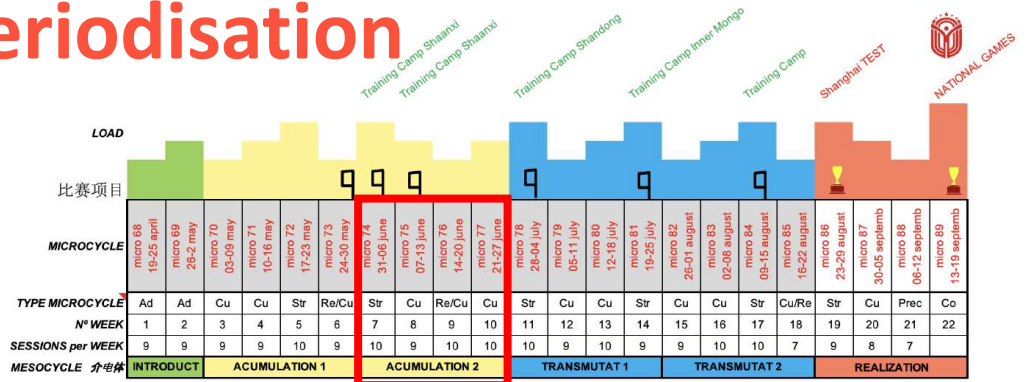
	周 71 - Week 71/10 may				周 72 - Week 72/17 May				周 73 - Week 73 /24 May			
Day 1/ 日 1	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight
Hang clean*	2x8/2x6		55-65%	60-70	2x8/2x6/1x4		55-65-75%	65-75-85	1x8/1x6/1x4		55-65-75%	75-80-85
Bench press*	2x10/2x8		55-65%	80-90	2x10/2x8/1x6		55-65-75%	80-90-100	1x10/1x8/1x6		55-65-75%	80-90-100
Deadlift*	2x10/2x8		55-65%	60-70	2x10/2x8/1x6		55-65-75%	70-80-90	1x10/1x8/1x6		55-65-75%	70-80-90
Pullups+hold 30"*	2x10/2x8		55-65%	0-10	2x10/2x8/1x6		55-65-75%	0-10-15	1x10/1x8/1x6		55-65-75%	0-10-15
Shoulder exerc^	2x15			4	2x15			4	2x15			4
Single leg squat^	2x15			10	2x15			10	2x15			10
Knee to elbow^	3x20				3x20				2x20			
Russian twist^	3x20			15	3x20			15	2x20			15
Overh plate crunch	3x20			15	3x20			15	2x20			15
Back extension^	3x20				3x20				2x20			
Day 2/ 日 2	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight
Thurster					2x6			40				
Pull + Catch					2x6+6			40				
Clean+jerk					1x4/1x4			40-50				
					1x3/1x3			60-70				
					1x2/1x2			80-90				
					1x1/1x1			100-110				
Day 3/ 日 3	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight
Power clean*	2x8/1x6/1x4			60-70-80	1x8/2x6/1x4			70-80-90				
Bench press*	2x10/1x8/1x6			80-90-100	1x10/2x8/1x6			85-95-105				
Squat*	2x10/1x8/1x6			100-110-120	1x10/2x8/1x6			100-110-120				
Bench row pull*	2x10/1x8/1x6			60-65-70	1x10/2x8/1x6			65-70-75				
Knee to elbow	2x20				2x20							
Russian twist	2x20			15	2x20			15				
Overh plate crunch	2x20			15	2x20			15				
Back extension	2x20				2x20							
Power circuit	3 x (10x power UK + 10 tire flip + 10 push sled + 10 b jump + battle rope + 10 pull sled)				4 x (10x power UK + 10 tire flip + 10 push sled + 10 b jump + battle rope + 10 pull sled)				2 x (10x power UK + 10 tire flip + 10 push sled + 10 b jump + battle rope + 10 pull sled)			

Warm up  
2x8  
2x8  
1x8  
1x8

Warm up  
2x8  
2x8  
2x8  
2x8

# 2. Strategies/Periodisation

## ACUMULATION 2 MESOCYCLE (31 May-27 June)



We started this 4-week mesocycle in Shaanxi, in a **high level training camp** where many provincial teams were there. We spent 2 weeks with high volume of randori. In this camp we trained randori sessions together with the other teams but conditioning and technical/tactical sessions we developed by ourselves, trying to follow our own periodisation.

During the camp the **randori sessions** were focused in high volume of randori with medium intensity, 5 times per week, so it was good for our athletes to accumulate fights with stronger opponents. We added 2 more judo sessions to continue working on technical and tactical aspects.

About **strength training** we needed to change a little bit our program because the weight room was not as complete as our gym in Shanghai.

After the first two weeks, we introduced a **recovery microcycle** after the training camp, letting the athletes recover to avoid overtraining and assimilate the training load.

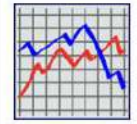
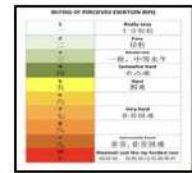
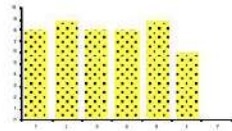
The negative aspect in the last training camp was the serious injury of one of our key athletes. Below I have included the **schedule** of all microcycles in this phase.

# 2. Strategies/Periodisation

## ACUMULATION 2 MESOCYCLE (31 May-27 June) WEEK 7



TEAM 团队: JUDO SHANGHAI      SEASON 季节: 2021  
 WEEK 周: 31-6 June      MICROCYCLE 微循环: 74-striking  
 COACH 教练: Felipe Sánchez



	星期一	星期二	星期三	星期四	星期五	星期六	星期日
	09.00 JUDO 柔道  RANDORI SESSION 5 x 3' NW/30" 10 x 4' TW/40" (athletes must do 8)	09.00 GYM 健身房 Warm up 热身 15' strength training 力量训练 	09.00 JUDO 柔道  RANDORI SESSION 5 x 3' NW/30" 10 x 4' TW/40" (athletes must do 8)	09.00 JUDO 柔道  RANDORI SESSION 10' NW ippon 6 x 5' TW/1' 5 x 2' TW/40"	09.00 GYM 健身房 Warm up 热身 15' strength training 力量训练 	09.00 JUDO 柔道  RANDORI SESSION 10 x 4' TW 4 x 3' NW	REST 休息 
强度	5	4	6	5	4	6	0
	15.00  bands 3 x 8 x 4 eje RUNNING 1x12/1x10/1x6 Moderate intens 70-80% to Vigorous intensity 90 CONDITIONING 50-40-30-20-10 3 sets as fast as possib	15.00 JUDO 柔道  5x3'TW+2'Kakari geiko/1' 5x2'TW+2'NW+1'GS/1'	15.00 RUNNING 15' Light intensity 60-70% CONDITIONING  STRETCHING	15.00 JUDO 柔道 Warm up 热身 15' SPECIFIC N.GAMES YSG 3 X 3' /3' CIRC TRAINING 3 X 3' /3' KUMIKATA best grip 2x3' KUMIKATA worst grip 2x3' CONDITIONING 12'	15.00 JUDO 柔道  RANDORI SESSION 4x3'NW 9 x 4' TW	REST 休息 	REST 休息 
强度	3	5	2	3	5	0	0
强度	8	9	8	8	9	6	0

NOTES: Good first week of training camp. Teams from Shaanxi, Shanxi, Jiansu and Hebei are in the training camp. We reduced the training load of the physical training during the training camp due to the high volume of randori during the week.

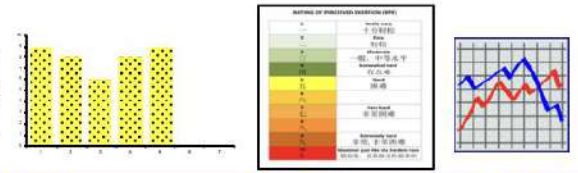


# 2. Strategies/Periodisation

## ACUMULATION 2 MESOCYCLE (31 May-27 June) WEEK 8



TEAM 团队: JUDO SHANGHAI      SEASON 季节: 2021  
 WEEK 周: 7-13 June      MICROCYCLE 微循环: 75-cumulative  
 COACH 教练: Felipe Sánchez



	星期一	星期二	星期三	星期四	星期五	星期六	星期日
	09.00 JUDO 柔道 	09.00 GYM 健身房 Warm up 热身 15' strength training 力量训练 	09.00 JUDO 柔道  RANDORI SESSION WU + kumikata 4x3x2'/1 TW 5x2' + 30"+30" KG NW groups 3 Defense 3x (4x30")	09.00 JUDO 柔道  RANDORI SESSION 5x4'TW 6x4'NW	09.00 GYM 健身房 Warm up 热身 15' strength training 力量训练 	TRIP HANCHENG-SHANGHAI 	REST 休息 
强度	5	3	6	5	4	0	0
	15.00  bands 3 x 8 x 4 eje RUNNING 10' + 4 x 2 laps/2' Moderate intens 70-80% to Vigorous intensity 90 CONDITIONING	15.00 JUDO 柔道  RANDORI SESSION 10' KUMIKATA 10' NEWAZA technique 6x5'/1' TW 5x2'/30" NW	REST 休息 	15.00 JUDO 柔道 Warm up 热身 15' SPECIFIC N.GAMES  10 x 5 Nagekomi (max power)	15.00 JUDO 柔道  RANDORI SESSION 6x4' TW 6x2' NW	REST 休息 	REST 休息 
强度	4	5	0	3	5	0	0
强度	9	8	6	8	9	0	0

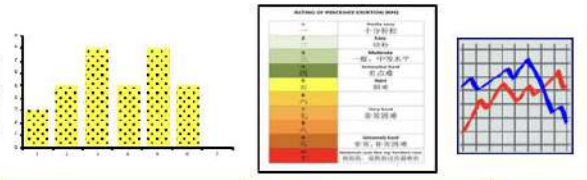
**NOTE:** Second week of the training camp. Saturday we went back our base in Shanghai.  
 Injuries: ZHANG ZIHUAN was injured Thursday morning in the randori session (neck)  
 WANG XIN is getting better after his injury in the acromion.

# 2. Strategies/Periodisation

## ACUMULATION 2 MESOCYCLE (31 May-27 June) WEEK 9



TEAM 团队: JUDO SHANGHAI      SEASON 季节: 2021  
 WEEK 周: 14-20 June      MICROCYCLE 微循环: 76-recov/cumulative  
 COACH 教练: Felipe Sánchez



	星期一	星期二	星期三	星期四	星期五	星期六	星期日
REST 休息	REST 休息	09.00 GYM 健身房 Warm up 热身 10' Running 25' Moderate intens 60-70% maxHR Conditioning	09.00 GYM 健身房 Warm up 热身 15' strength training 力量训练	REST 休息	09.00 GYM 健身房 Warm up 热身 15' strength training 力量训练	09.00 JUDO 柔道 Warm up 热身 15' 5x5' YSG 连络技打込 Randori NW 寝技实战 30' Running 30' (progressive) Moderate intens 70-80% to Vigorous intensity 90%	REST 休息
强度	0	2	4	0	4	5	0
15.00 JUDO 柔道	15.00 JUDO 柔道	15.00 JUDO 柔道	15.00 JUDO 柔道	15.00 JUDO 柔道	15.00 JUDO 柔道	REST 休息	REST 休息
Warm up 热身 15' UK 打込 5+5+5 YSG 连络技打込 5x2' NK 投込 5x1' Randori TW 投技实战 3x5'/45"	Warm up 热身 15' Technique 30' Kumikata 20' Nage komi 10' Randori NW 寝技实战 30'	Warm up 热身 15' UK 打込 5+5+5 YSG 连络技打込 5x2' NK 投込 5x1' Randori 7x 2'TW+2'NW+2'TW/1'	Warm up 热身 15' SPECIFIC training for CHINA GAMES YSG 3 x 3' /3' NK 5 x 5 KK best 2 x 3' KK worst 2 x 3' NW attack 3x3x30" NW defense 2x6x30"	Warm up 热身 15' UK 打込 5+5+5 YSG 连络技打込 5x2' NK 投込 5x1' Randori 7x 2'TW+2'NW+2'TW/1'	Warm up 热身 15' UK 打込 5+5+5 YSG 连络技打込 5x2' NK 投込 5x1' Randori		
强度	3	3	4	5	4	0	0
强度	3	5	8	5	8	5	0

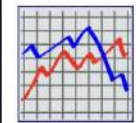
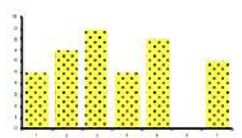
NOTES: Monday and Tuesday easy training after Training camp in Shasxi. Wednesday we started with cumulate microcycle. Thursday very good specific training in groups (3) Saturday morning they started with bad attitude the technical part. Much better randori newaza and running later.


















# 2. Strategies/Periodisation

## ACUMULATION 2 MESOCYCLE (31 May-27 June) WEEK 10



TEAM 团队: JUDO SHANGHAI      SEASON 季节: 2021  
 WEEK 周: 21-27 June      MICROCYCLE 微循环: 77-cumulative  
 COACH 教练: Felipe Sánchez



	星期一	星期二	星期三	星期四	星期五	星期六	星期日
	REST 休息 	09.00 GYM 健身房 Warm up 热身 15' strength training 力量训练 	09.00 GYM 健身房 Warm up 热身 10' Running Farleck  5'+ 2x(3'+2')+4x(2'+1') Moderate intens 70-80% to Vigorous intensity 90% Conditioning 	REST 休息 	09.00 GYM 健身房 Warm up 热身 15' strength training 力量训练 	TRAVEL TO Shandong 	REST 休息 
强度	0	4	4	0	4	0	0
	15.00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 5 x 4'  Randori TW 投技实战  3x5'/30"-3x4'/45"- 3x3'/1' ROPE CLIMBING x 4	15.00 JUDO 柔道 Warm up 热身 15' Technique 30'  Kumikata 20'  Nage komi 15' Randori NW 寝技实战 30'	15.00 JUDO 柔道 Warm up 热身 30' Randori TW MOTO DACHI 10x4'/45" (some athletes must do 10, and others 7)	14.30-16.00 JUDO 柔道 Warm up 热身 15' SPECIFIC training for CHINA GAMES  <b>SPECIAL JUDO FITNESS TEST</b> Conditioning 	15.00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 5 x 4'  Randori TW 投技实战  3x5'/30"-3x4'/45"- 3x3'/1' ROPE CLIMBING x 5	REST 休息 	15.00 JUDO RANDORI SESSION WU RANDORI NW 8x4' RANDORI TW 10x5 (athles must do 7)
强度	5	3	5	5	5	4	0
强度	5	7	9	5	8	0	6

**NOTES:** Good Moto dachi session on Wednesday. Thursday we did SJFT. Athletes qualified did 3 rounds (10' rest)/lactate test. Saturday we traveled to our second training camp in Shandong.


# 2. Strategies/Periodisation



ATHLETE: **LiPinzheng 李品正**

NOTES: Rest: (\*) 2 min (^)1 min



	周 74 - Week 74/31 may				周 75 - Week 75/07 June				周 76 - Week 76/14 June				周 77 - Week 77/21 June			
Day 1/ 日1	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight
Hang snatch	1x6/2x4/1x2		65-75-85%	55-60-65	1x6/1x4/2x2		65-75-85%	55-60-65	1x6/1x4/1x2./1x2		65-75-85%	5-60-65-7	1x6/1x4/1x2./1x2		65-75-85%	5-60-65-7
Bench press*	1x8/2x6/1x4		65-75-85%	85-95-100	1x8/1x6/2x4		65-75-85%	85-95-100	1x6/2x4/1x2		80-85-90%	85-100-10	1x6/2x4/2x2		80-85-90%	85-103-11
Deadlift*	1x8/2x6/1x4		65-75-85%	80-90-100	1x8/1x6/2x4		65-75-85%	80-90-100	1x6/2x4/1x2		80-85-90%	90-100-11	1x6/2x4/2x2		80-85-90%	90-100-11
Pullups+hold 30''*	1x8/2x6/1x4		65-75-85%		1x8/1x6/2x4		65-75-85%		1x6/2x4/1x2		80-85-90%		1x6/2x4/2x2		80-85-90%	
Single leg squat^	2x15			10	2x15			10	2x15			10	2x15			10
Single arm bench p	2x15			15	2x15			15	2x15			15	2x15			15
Toes to bar^	3x15				3x15				2x15				2x15			
Lateral crunch^	3x20				2x20				2x20				2x20			
V situps^	3x20				2x20				2x20				2x20			
Back extension^	3x20				2x20				2x20				2x20			
Day 2/ 日2	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight
Hang clean*	1x6/1x4/1x2		65-75-85%	70-75-80	1x6/1x4/1x2		65-75-85%	70-75-80	1x6/1x4/1x2./1x2		65-75-85%	70-75-80-8	2x6/2x4/1x2.		80-85-90%	75-80-85
Bench press*	1x8/1x6/1x4		65-75-85%	10-120-13	1x8/1x6/1x4		65-75-85%	10-120-13	1x6/2x4/2x2		80-85-90%	10-120-13	2x6/2x4/1x2		80-85-90%	10-120-13
Squat*	1x8/1x6/1x4		65-75-85%	110-120-	1x8/1x6/1x4		65-75-85%	110-120-	1x6/2x4/2x2		80-85-90%	120-130-	2x6/2x4/1x2		80-85-90%	120-130-
Pullups+hold 30''*	20''		65-75-85%	5/10/15	20''		65-75-85%	5/10/15	1x6/2x4/1x2		80-85-90%	75-80-85	2x6/2x4/1x2		80-85-90%	75-80-85
Toes to bar^	2x15				2x15				2x15				2x15			
Lateral crunch^	2x20				2x20				2x20				2x20			
V situps^	2x20				2x20				2x20				2x20			
Back extension^	2x20				2x20				2x20				2x20			
Core exercises									3 x (10x power UK + 10 tire flip + 10 push sled + 10 b jump + 30''battle				3 x (10x power UK + 10 tire flip + 10 push sled + 10 b jump + 30''battle			

Warm up

2x8

2x8

1x8

1x8

Warm up

2x8

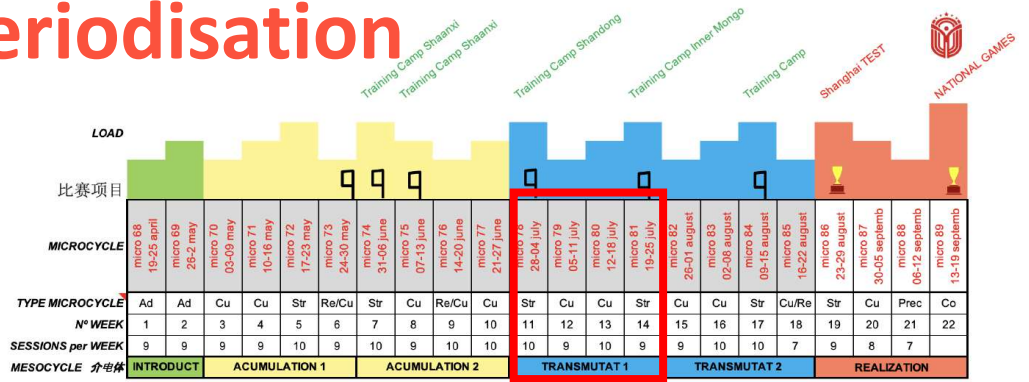
2x8

2x8

2x8

# 2. Strategies/Periodisation

## TRANSMUTATION 1 MESOCYCLE (28 June-25 July)



We started this 4-week mesocycle with a **training camp in Shandong**, one of the best teams in China. In this case we decided to go there just for a week, the **striking microcycle**, and prepare the other microcycles in our base.

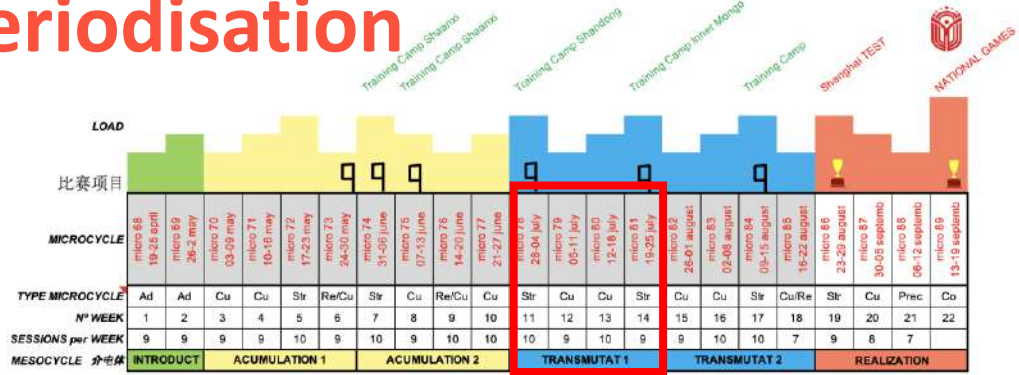
During this first microcycle we completed 5 **randori sessions** with good quality, as there were many different partners. Some days girls and guys were training separated, so they followed their own schedule.

Regarding **technical training** we also had the chance to have 2 technical sessions with sensei Kasawasaki, that is helping Shandong Judo Team to prepare China Games.



# 2. Strategies/Periodisation

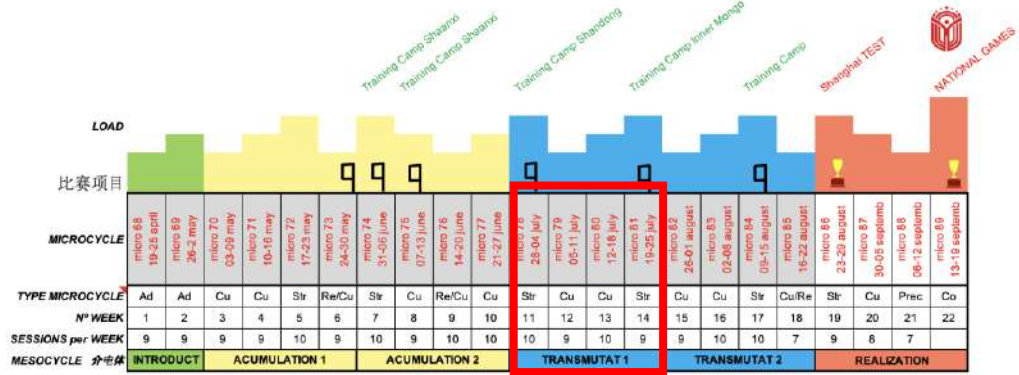
## TRANSMUTATION 1 MESOCYCLE (28 June-25 July)



During this mesocycle we tried to increase the intensity of the randori sessions, for example **working in groups** of 4 athletes where one athlete would have to fight against one of the other 3 opponents, who rotated out every every 2' or 1'. We also added randori with different roles (attack/defense) and with more rest between sets.

We kept the **Moto dachi randori** once a week to increase the training load for key athletes, and also to facilitate lower lever athletes fighting with key athletes.

# TRANSMUTATION 1 MESOCYCLE (28 June-25 July)



We finished the mesocycle with another **striking microcycle** in a training camp in **Inner Mongolia**, maybe the strongest male team in China. We completed one week with 6 randori sessions. In this case we asked our athletes to select opponents at a level better to or equal to themselves, focus in high intensity fights, trying to find strong partners. During this week we did 2 more technical sessions and 2 strength sessions according to our training plan. Below I have included the **schedule** of all microcycles in this phase.

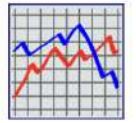
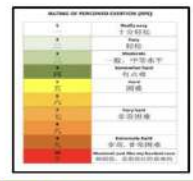
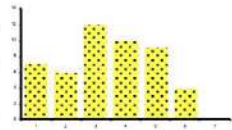













# 2. Strategies/Periodisation

## TRANSMUTATION 1 MESOCYCLE (28 June-25 July)



TEAM 团队: JUDO SHANGHAI      SEASON 季节: 2021  
 WEEK 周: 28-04 July      MICROCYCLE 微循环: 78-striking  
 COACH 教练: Felipe Sánchez



	星期一	星期二	星期三	星期四	星期五	星期六	星期日
	08.30 GIRLS Judo Japanese coach Technique 2 h 	08.30 GIRLS Randori TW Nage komi 5x5 	15.00 JUDO 柔道 	08.30 JUDO 柔道 	08.30 JUDO 柔道 	09.00 GYM Warm up 热身 15' strength training 力量训练 	REST 休息 
强度	3	4	7	3	7	4	0
	09.00 GUYS Technical train... 30' YSG (classic grip/collar) 2x1'30" R/L Nage komi 10 x 1'	09.00 GUYS Technical training 30' YSG Kumikata 30' Nage komi 5x5	WU Randori TW 3x (4x5'/45")/5'	Wu Aerobic training 20' NK 25' Conditioning medball 1	Wu Randori NW 2x (4x5'/40")/5' Randori TW 2x (5x5'/40")/5'	grip circuit training 15' 	REST 休息 
强度	4	0	5	7	2	0	0
强度	7	6	12	10	9	4	0
						TRAVEL Shanghai 	REST 休息 
强度							48

NOTES: Good training camp in Shandong although training plan no make sense. Good quality of randori sessions.

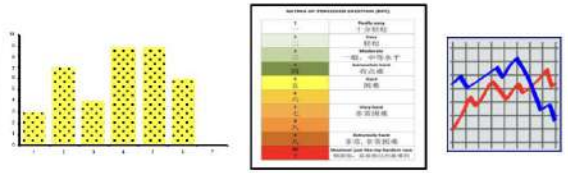


# 2. Strategies/Periodisation

## TRANSMUTATION 1 MESOCYCLE (28 June-25 July)



**TEAM 团队:** JUDO SHANGHAI      **SEASON 季节:** 2021  
**WEEK 周:** 05-11 July      **MICROCYCLE 微循环:** 79-cumulative  
**COACH 教练:** Felipe Sánchez



	星期一	星期二	星期三	星期四	星期五	星期六	星期日
	REST 休息 	08.00 GYM 健身房 Warm up 热身 15' strength training 力量训练 	08.00 JUDO 柔道 Warm up 热身 15' SPECIFIC training for CHINA GAMES 	09.00 GYM 健身房 Anaerobic circuit 2x (3x4'/2')/5' Vigorous intensity 90% maxHR  Climbing Boulder 15'	09.00 GYM 健身房 Warm up 热身 15' strength training 力量训练   Rowing 2 x 1000 m rest 2' 	09.00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 5 x 4' GROUP 4 投技实战 1x6' 攻防练习 1x 3' RANDORI NW 15'  5 x CLIMBING + CORE 	REST 休息 
强度	0	4	4	4	4	6	0
	14.30 JUDO 柔道 Warm up 热身 15' 打込 10x10 连络技打込 30' Nage Komi 15' RANDORI NW 15' + 15' 3x CLIMBING + CORE 	15.00 GYM 健身房 Anaerobic circuit 2x (3x4'/2')/5' Vigorous intensity 90% maxHR  Climbing Boulder 15'	REST 休息 	15.00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 5 x 4' KAKARI GEIKO 4 x (2'+2') RANDORI TW 4 x 4'/1' 15' + 15' NW 10' TOKUI WAZA 	15.00 JUDO 柔道 Warm up 热身 30' Randori TW. 投技实战 "Moto gachi" 10 x 4' / 30" 6 athletes must do all (Rest of athletes x 8) 	REST 休息 	REST 休息 
强度	3	3	0	5	5	0	0
强度	3	7	4	9	9	6	0

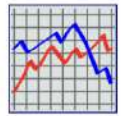
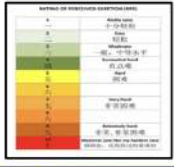
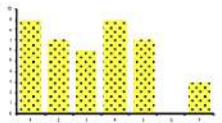
**NOTES:** Good training week after the training camp in Shandong. Buena semana de entrenamiento tras el training camp de Shandong.  
 Wu Zedong show some problems in his elbow.

# 2. Strategies/Periodisation

## TRANSMUTATION 1 MESOCYCLE (28 June-25 July)



TEAM 团队: JUDO SHANGHAI      SEASON 季节: 2021  
 WEEK 周: 12-18 July      MICROCYCLE 微循环: 80-cumulative  
 COACH 教练: Felipe Sánchez



星期	星期一	星期二	星期三	星期四	星期五	星期六	星期日
训练内容	09.00 GYM 健身房 Anaerobic circuit 2x (3x4'/2')/5' Vigorous intensity 90% maxHR  Climbing Boulder 15'	08.30 GYM 健身房 Warm up 热身 15' strength training 力量训练 	09.00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 5 x 4' GROUP 4  RANDORI TW 1x6' RANDORI TW 1x3' GOLDEN SCORE 15' 10' TOKUI WAZA 4 x CLIMBING + CORE	09.00 GYM 健身房 Anaerobic circuit 2x (3x4'/2')/5' Vigorous intensity 90% maxHR  Climbing Boulder 15'	08.30 GYM 健身房 Warm up 热身 15' strength training 力量训练 	TRAVEL TO Inner Mongolia  	08.30 JUDO 柔道 Warm up 热身 15' 打込 Uchikomi 10 x 10 连络技打込 5' ashi waza 5' sutemi waza 5' tokui waza 5' transition TW-NW 投込 Nagekomi 10 sets x 5 reps...power
强度	5	4	6	4	4	0	3
训练内容	15.00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 5 x 4' RANDORI TW  4 x 4'/1' KAKARI GEIKO 4 x (2'+2') RANDORI NW 15' + 15'   10' TOKUI WAZA	15.00 JUDO 柔道 Warm up 热身 15' Tecnique 30'  Kumikata 20'  Nage komi 15' Randori NW 寝技实战 5 x (6x30"/30')	REST 休息 	15.00 JUDO 柔道 Warm up 热身 30' Nage komi 15' Nage komi 30"-20"-10" Randori TW. 投技实战 "Moto gachi"  10 x 4'/30" 6 athletes must do all (Rest of athletes x 8)	15.00 JUDO 柔道 Warm up 热身 15' Tecnique 30'  Kumikata 20'  Nage komi 15' Randori NW 寝技实战 5 x (6x30"/30')	REST 休息 	REST 休息 
强度	4	3	0	5	3	0	0
强度	9	7	6	9	7	0	3

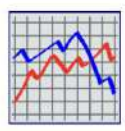
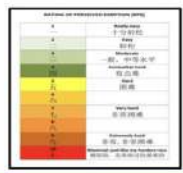
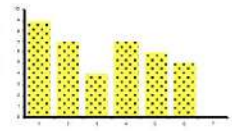
**NOTES:** Athletes from Shanghai's schools came to our base for training.  
 Finally we traveled on Saturday morning so we changed the training plan. Saturday we rest and Sunday morning we completed easy training.  
 Jian Jiunjie small injury in the knee.  
 Good training session on Thursday morning, with anaerobic circuit training + climbing

# 2. Strategies/Periodisation

## TRANSMUTATION 1 MESOCYCLE (28 June-25 July)



**TEAM 团队:** JUDO SHANGHAI      **SEASON 季节:** 2021  
**WEEK 周:** 19-25 July      **MICROCYCLE 微循环:** 81-striking  
**COACH 教练:** Jizhongxia, Wuhuaian/Felipe Sánchez



	星期一	星期二	星期三	星期四	星期五	星期六	星期日
	09.00 JUDO 柔道 Warm up 热身 15' UK 5' Randori NE WAZA 5x4'/30" TACHI WAZA 2x (4x4'/45'')/4'	09.00 JUDO 柔道 Warm up 热身 15' UK 5' Randori NE WAZA 5x4'/30" TACHI WAZA 2x (4x4'/45'')/4'	09.00 JUDO 柔道 Warm up 热身 15' UK 5' Randori NE WAZA 5x4'/30" TACHI WAZA 2x (4x4'/45'')/4'	09.00 JUDO 柔道 Warm up 热身 15' UK 5' Randori NE WAZA 5x4'/30" TACHI WAZA 2x (4x4'/45'')/4'	09.00 JUDO 柔道 Warm up 热身 15' UK 5' Randori NE WAZA 5x4'/30" TACHI WAZA 2x (4x4'/45'')/4'	09.00 JUDO 柔道 Warm up 热身 15' UK 5' Randori NE WAZA 5x4'/30" TACHI WAZA 2x (4x4'/45'')/4'	REST 休息
强度	6	6	6	6	6	6	0
	15.30 JUDO 柔道 Warm up 热身 15' UK 10' Yako soku Geiko 30' Nage Komi 10 x 5	15.30 GYM 健身房 Warm up 热身 15' strength training 力量训练	REST 休息	15.30 JUDO 柔道 Warm up 热身 15' UK 10' Yako soku Geiko en grupos 3 10 series x 1' cada uno Kumikata en grupos 3 3 ejerc x (4x30'')	15.30 GYM 健身房 Warm up 热身 15' strength training 力量训练	TRAVEL to Shanghai	REST 休息
强度	4	4	4	3	3	0	0
强度	9	7	4	7	6	5	0

**NOTES:** Training camp in Inner Mongolia. Same judo training every day (monotony!!) el mismo. Calentamiento corto y general. Randori suelo x 5 y pie 4+4.  
 Good fighters but we have many athletes injured.  
 Li Pinzheng had a head concussion after the second day.

# 2. Strategies/Periodisation

ATHLETE: **Wu Zedong 吴泽东**

NOTES: Rest: (\*) 2 min (^) 1 min

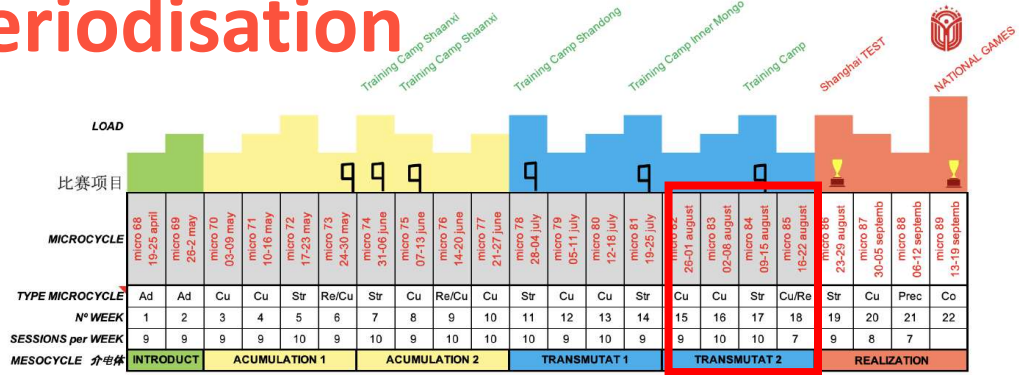


	周 79 - Week 79/05 July				周 80 - Week 80/12 July				周 81 - Week 81 /19 July			
Day 1/ 日1	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight
Power clean+jerk*					4x5		80%		3x5		80%	80
Bench row pull*					4x6		70%		3x6		70%	70
Box jump*					4x6		70%		3x6		70%	
Bench press*					4x6		70%		3x6		70%	85
Pull sleeve^					3x8		70%		3x8		70%	
Single arm landm press^					3x8		70%		3x8		70%	20
Keisser rotation^					2x10+10				2x10+10			
Turkish sit up^					2x8				2x8			10
<i>Grip circuit training</i>					3 x (Pull ups+siometric+battle rope+hold+flex/ext/rotation+hold kettlebel)/2'				2 x (Pull ups+siometric+battle rope+hold+flex/ext/rotation+hold kettlebel)/2'			
Day 2/ 日2	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight
Hang snatch*	4x5		80%	60	3x5		80%	60	3x5		80%	60
Bench press*	4x6		70%	85	3x6		70%	85	3x6		70%	85
Squat*(1 by 1)	4x6		70%	110	3x6		70%	110	3x6		70%	110
Bench row pull*	4x6		70%	70	3x6		70%	70	3x6		70%	70
Pull sleeve^	3x8		70%		3x8		70%		3x8		70%	
Single arm landm press^	3x8		70%	20	3x8		70%	20	3x8		70%	20
Keisser rotation^	2x10+10				2x10+10				2x10+10			
Turkish sit up^	2x8			10	2x8			10	2x8			10
<i>Grip circuit training</i>					2 x (Pull ups+siometric+battle rope+hold+flex/ext/rotation+hold kettlebel)/2'				2 x (Pull ups+siometric+battle rope+hold+flex/ext/rotation+hold kettlebel)/2'			

Warm up  
2x6  
2x8  
1x8  
1x8  
Warm up  
2x6  
2x8  
2x8  
2x8

# 2. Strategies/Periodisation

## TRANSMUTATION 2 MESOCYCLE (26 July-22 August)



During this mesocycle we planned previously to attend another training camp, but the pandemic situation in China, made it difficult to travel to some provinces, and the status of some of our athletes, injured or high indicators of fatigue, we decided to stay in our base until the China Games.

Due to a lack of suitable partners for the key athletes, we added some **specific training** in the mat simulating competition intensity, and also some anaerobic workouts in the gym, in order to train with really high intensity.

In this mesocycle some of our key athletes have some physical problems so we reduced the volume of randori in order to take less risk and train high intensity using other methods like technical/tactical circuit training or anaerobic circuit training in the gym. Last week in the recovery microcycle we reduced the training load in order to start the last training block in good conditions.

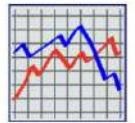
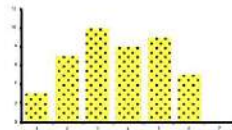
We included here the **schedule** of all microcycles in this phase.

# 2. Strategies/Periodisation

## TRANSMUTATION 2 MESOCYCLE (26 July-22 August) WEEK 15



TEAM 团队: JUDO SHANGHAI      SEASON 季节: 2021  
 WEEK 周: 26-1 Aug      MICROCYCLE 微循环: 82-cumulat  
 COACH 教练: Felipe Sánchez



	星期一	星期二	星期三	星期四	星期五	星期六	星期日
	REST 休息 	08.30 GYM 健身房 Warm up 热身 15' strength training 力量训练 	09.00 GYM 健身房 Anaerobic circuit 2x (3x4'/2')/5' Vigorous intensity 90% maxHR  Climbing Boulder 15'	15.00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 5 x 4' KAKARI GEIKO  4 x (2'+2') RANDORI TW 4 x 4'/1' 15' + 15' NW 10' TOKUI WAZA	15.00 GYM 健身房 Warm up 热身 15' strength training 力量训练 	09.00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 5 x 4' GROUP 4  投技实战 1x6' 攻防练习 1x3' RANDORI TW 15' Golden score 4 x CLIMBING + CORE	REST 休息 
强度	0	3	6	6	5	4	5
	15.00 JUDO 柔道 Warm up 热身  YSG right 3x1' YSG left 3x1' Sutemi 3x1' Counter seoi 3x1' TW-NW 3x1' NK 投込 8x1' NW 寝技实战 8 x 3/20" Core training	15.00 JUDO 柔道 Warm up 热身 15' YSG 5x1'  NK group 3/20  5 exercises Kumikata 30' NW 寝技实战 9 x 2'/20" 3 different positions 3 x CLIMBING	14.30-16.00 JUDO 柔道 Warm up 热身 15' SPECIFIC training  for CHINA GAMES   Technical/Tactical	REST 休息 	14.30-16.00 JUDO 柔道 Warm up 热身 15' SPECIFIC training  for CHINA GAMES   SPECIAL JUDO FITNESS TEST  Conditioning 	REST 休息 	REST 休息 
强度	3	4	4	3	5	0	0
强度	3	7	10	8	9	5	0

NOTES : We only did randori 2 sessions this weeks, trying to recover our athletes after the last training camp.  
 After seeing last blood analysis we decided reduce training load to some athletes.

# 2. Strategies/Periodisation

## TRANSMUTATION 2 MESOCYCLE (26 July-22 August) WEEK 15

TEAM 团队:	JUDO SHANGHAI	SEASON 季节:	2021			
WEEK 周:	26-1 Aug	MICROCYCLE 微循环:	82-cumulat			
COACH 教练:	Felipe Cerebros					
REST 休息	08.30 GYM 健身房 Warm up 热身 15' strength training 力量训练	09.00 GYM 健身房 energetic circuit x (3x4/2)/5' vigorous intensity 90% max Climbing Boulder 15'	15.00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 5 x 4' KAKARI GEIKO 4 x (2*2) RANDORI TW 4 x 4/1' 15' * 15' NW 10' TOKUI WAZA	15.00 GYM 健身房 Warm up 热身 15' strength training 力量训练	09.00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 5 x 4' GROUP 4 投技实战 1x6' 攻防练习 1x 3' RANDORI TW 15' 4 x CLIMBING + CORE	REST 休息
强度	0	3	5	4	5	0
15.00 JUDO 柔道 Warm up 热身 15' YSG right 3x1' YSG left 3x1' Sutemi 3x1' Counter seoi 3x1' TW NW 3x1' NK 投込 8x1' NW 寝技实战 8 x 3/20" Core training	15.00 JUDO 柔道 Warm up 热身 15' YSG 5x1' NK group 3/20" 5 exercises Kumikata 30" NW 寝技实战 9 x 2/20" 3 different positions 3 x CLIMBING	14.30-16.00 JUDO 柔道 Warm up 热身 15' SPECIAL training for CHINA GAMES Technical/Tactical	REST 休息	14.30-16.00 JUDO 柔道 Warm up 热身 15' SPECIAL training for CHINA GAMES FITNESS TEST Conditioning	REST 休息	REST 休息
强度	3	4	4	3	5	0
强度	3	7	10	9	9	5

NOTES: We only did randori 2 sessions this weeks, trying to recover our athletes after the last training camp. After seeing last blood analysis we decided reduce training load to some athletes.

### SPECIFIC HIGH INTENSITY INTERVAL TRAINING

#### Example



**SETS:** 5 - Sets 1,2,4 normal...Sets 3 and 5 GOLDEN SCORE (double round)  
**INTENSITY:** max intensity  
**REST:** 10' between sets



# 2. Strategies/Periodisation

## TRANSMUTATION 2 MESOCYCLE (26 July-22 August) WEEK 15

TEAM 团队:	JUDO SHANGHAI	SEASON 季节:	2021			
WEEK 周:	26-1 Aug	MICROCYCLE 微循环:	82-cumulat			
COACH 教练:	Felipe Caneba					
星期一	星期二	星期三	星期四	星期五	星期六	星期日
REST 休息	08.30 GYM 健身房 Warm up 热身 15' strength training 力量训练	09.00 GYM 健身房 Aerobic circuit x (3x4/2)/5' vigorous intensity 90% max Climbing Boulder 15'	15.00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 5 x 4' KAZARI GEKO 4 x (2*2) RANDORI TW 4 x 4/1' 15' * 15' NW 10' TOKUI WAZA	15.00 GYM 健身房 Warm up 热身 15' strength training 力量训练	09.00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 5 x 4' GROUP 4 投技实战 1x6' 投技练习 1x3' RANDORI TW 15' Golden score 4 x CLIMBING + CORE	REST 休息
强度 0	3	3	5	4	5	0
15.00 JUDO 柔道 Warm up 热身 15' YSG right 3x1' YSG left 3x1' Sutemi 3x1' Counter seoi 3x1' TW NW 3x1' NW 寝技实战 8 x 3/20" Core training	15.00 JUDO 柔道 Warm up 热身 15' YSG 5x1' NK group 3/20" 5 exercises Kumikata 30" NW 寝技实战 9 x 2/20" 3 CLIMBING	14.30-16.00 JUDO 柔道 Warm up 热身 15' YSG 5x1' SPECIAL training for CHINA GAMES Technical/Tactical	REST 休息	14.30-16.00 JUDO 柔道 Warm up 热身 15' SPECIAL training for CHINA GAMES Conditioning	REST 休息	REST 休息
强度 3	4	4	3	5	0	0
强度 3	7	10	8	9	5	0

NOTES: We only did randori 2 sessions this weeks, trying to recover our athletes after the last training camp. After seeing last blood analysis we decided reduce training load to some athletes.

### SPECIFIC HIGH INTENSITY INTERVAL TRAINING



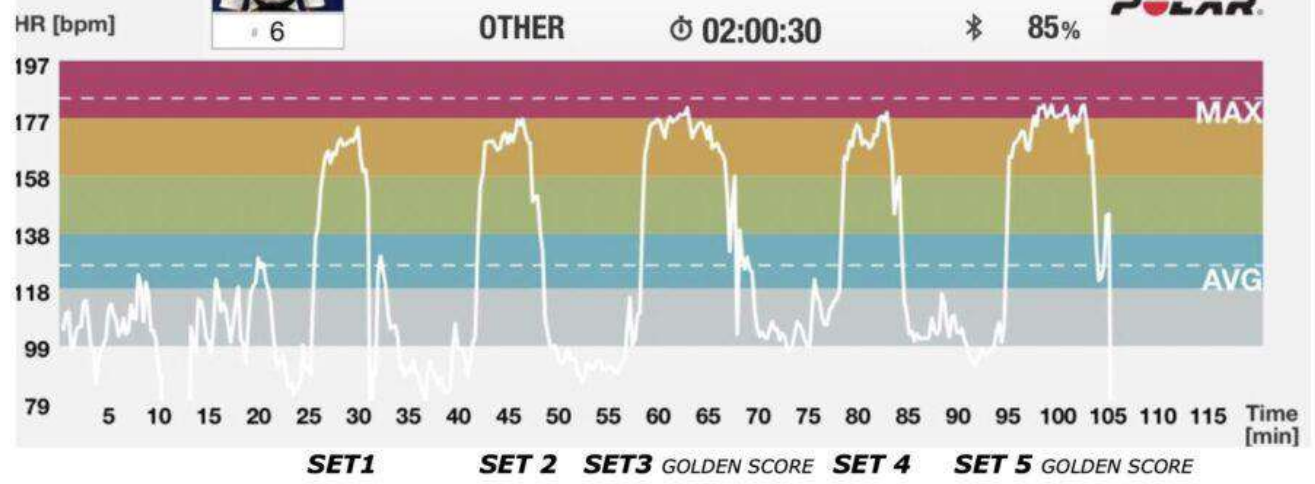
Example



HR AVG  
64%  
126 [BPM]

HR MAX  
93%  
184 [BPM]

CALORIES  
983  
[KCAL]



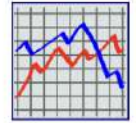
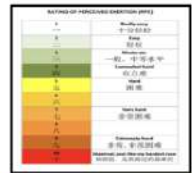
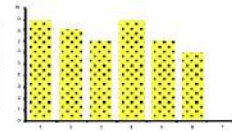











# 2. Strategies/Periodisation

## TRANSMUTATION 2 MESOCYCLE (26 July-22 August) WEEK 16



**TEAM 团队:** JUDO SHANGHAI      **SEASON 季节:** 2021  
**WEEK 周:** 2-8 Aug      **MICROCYCLE 微循环:** 83-cumulat  
**COACH 教练:** Felipe Sánchez



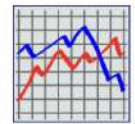
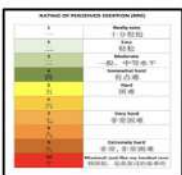
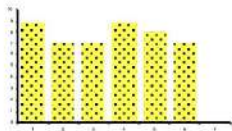
	星期一	星期二	星期三	星期四	星期五	星期六	星期日
	09..00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 5 x 4' KAKARI GEIKO   4 x (2'+2') RANDORI TW 4 x 3'+GS/2' 15'+ 15' NW 3 x CLIMBING	08.30 GYM 健身房 Warm up 热身 15' strength training 力量训练 	09.00 GYM 健身房 Anaerobic circuit 2x (3x4'/2')/5' Vigorous intensity 90% maxHR  Climbing Boulder 15'	09.00 JUDO 柔道 Warm up 热身 30' Nagekomi 5 series x (3x6) 1x30/1x20/1x10 Randori TW   MOTO DACHI  8x4'/45" (some athletes must do 8, and others 6)	08.30 GYM 健身房 Warm up 热身 15' strength training 力量训练 	09.00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 5 x 4' GROUP 4   投技实战 1x 6' 攻防练习 1x 3' RANDORI TW 15' Golden score 4 x CLIMBING + CORE	REST 休息 
<b>强度</b>	6	4	7	6	3	6	0
	15.00 GYM 健身房 Warm up 热身 10'  Running 跑步 20' Uchi komi bands  弹力带打込 green band (5x 20") yellow band (5 x15")  green band dyna (5x 8) Kumikata 20' 抢手 Core training x 2x1' isom	14.30/16.00 JUDO 柔道 Warm up 热身 15'  SPECIFIC training for CHINA GAMES  Technical/Tactical	REST 休息 	15.00 GYM 健身房 Warm up 热身 10'  Running 跑步 20' Uchi komi bands  弹力带打込 green band (5x 20")  yellow band (5 x15")  green band dyna (5x 8) Kumikata 20' 抢手 Core training x 2x1' isom	14.30/16.00 JUDO 柔道 Warm up 热身 15'  SPECIFIC training for CHINA GAMES  Technical/Tactical	REST 休息 	REST 休息 
<b>强度</b>	3	4	0	3	4	0	0
<b>强度</b>	9	8	7	9	7	6	0



























# 2. Strategies/Periodisation

## TRANSMUTATION 2 MESOCYCLE (26 July-22 August) WEEK 17



**TEAM 团队:** JUDO SHANGHAI      **SEASON 季节:** 2021  
**WEEK 周:** 9-15 Aug      **MICROCYCLE 微循环:** 84-striking  
**COACH 教练:** Felipe Sánchez



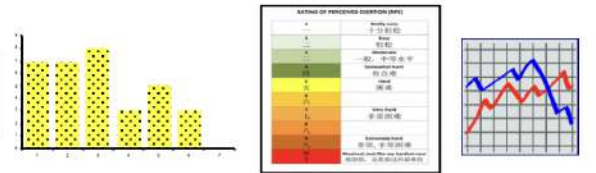
	星期一	星期二	星期三	星期四	星期五	星期六	星期日
	09..00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 5 x 4' KAKARI GEIKO  5 x (2'+2') RANDORI TW  5 x 3'+GS/2' 12'+10' NW 3 x CLIMBING	08.30 GYM 健身房 Warm up 热身 15' strength training 力量训练 	09.00/10.30 JUDO 柔道 Technique 30' Anaerobic circuit 5 "randori" max intensity  	09.00 JUDO 柔道 Warm up 热身 30' Nagekomi 5 series x (3x6) 1x30/1x20/1x10 Randori TW   MOTO DACHI 8x4'/45" (some athletes must do 8, and others 6)	08.30 GYM 健身房 Warm up 热身 15' strength training 力量训练 	09.00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 5 x 4' GROUP 4  投技实战 2x 6' 攻防练习 1x 3x1'(30"R) RANDORI TW 15' Golden score 4 x CLIMBING + CORE	REST 休息 
<b>强度</b>	6	3	7	6	4	7	0
	15.00 GYM 健身房 Warm up 热身 10'  Running 跑步 20'  Uchi komi bands 弹力带打込  green band (5x 20") yellow band (5 x15")  green band dyna (5x 8) Kumikata 20' 抢手 Core training x 2x1' isom	15.00/16.00 JUDO 柔道 Warm up 热身 15'  SPECIFIC training for CHINA GAMES  Technical/Tactical	REST 休息 	15.00 GYM 健身房 Warm up 热身 10'  Running 跑步 20'  Uchi komi bands 弹力带打込  green band (5x 20")  yellow band (5 x15")  green band dyna (5x 8) Kumikata 20' 抢手 Core training x 2x1' isom	15.00/16.00 JUDO 柔道 Warm up 热身 15'  SPECIFIC training for CHINA GAMES  Technical/Tactical	REST 休息 	REST 休息 
<b>强度</b>	3	4	0	3	4	0	0
<b>强度</b>	9	7	7	9	8	7	0














# 2. Strategies/Periodisation

## TRANSMUTATION 2 MESOCYCLE (26 July-22 August) WEEK 18



**TEAM 团队:** JUDO SHANGHAI      **SEASON 季节:** 2021  
**WEEK 周:** 16-22 Aug      **MICROCYCLE 微循环:** 85-cumul/recov  
**COACH 教练:** Felipe Sánchez

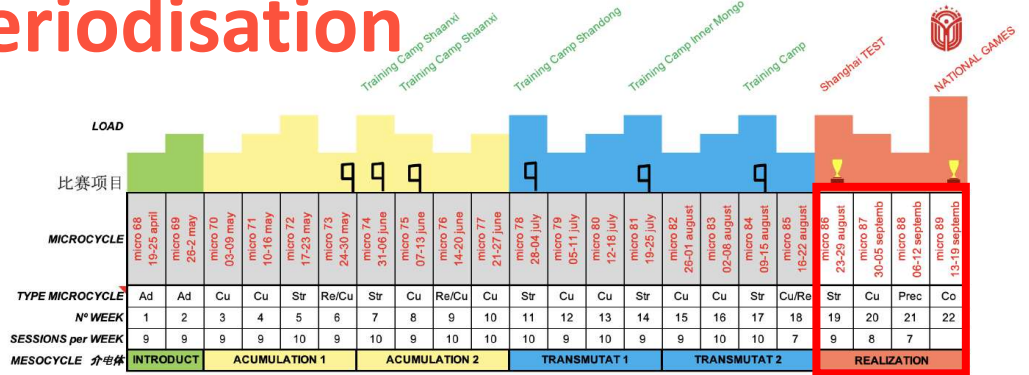


	星期一	星期二	星期三	星期四	星期五	星期六	星期日
	REST 休息 	08.30 GYM 健身房 Warm up 热身 15' strength training 力量训练 	09.00/10.30 JUDO 柔道 Technique 30' Anaerobic circuit 5 "randori" max intensity 	REST 休息 	09.00/10.30 JUDO 柔道 Warm up 热身 15' SPECIFIC training for CHINA GAMES 	09.00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 5 x 4' 	REST 休息 
<b>强度</b>	0	4	8	0	3	3	0
	15.00 JUDO 柔道 Warm up 热身 15' Circ training 循环训练 RANDORI TW 3 x 4'/1' KAKARI GEIKO 4 x (2'+1'+1') RANDORI TW+GS 3 x 3' RANDORI NW 15'+15' 10' TOKUI WAZA	15.00/16.00 JUDO 柔道 Warm up 热身 15' 	REST 休息 	15. JUDO 柔道 Warm up 热身 15' 	15.00 GYM 健身房 Recovery session 15.00/15.30 Warm up 15' running 15' stretching 30' hot/cold water 	REST 休息 	REST 休息 
<b>强度</b>	7	3	0	3	2	0	0
<b>强度</b>	7	7	8	3	5	3	0

**NOTES:** Last week in the transformation mesocycle. Three days of hard training and later few days to recover (stretching, hot/cold water, freezing machine...). Wednesday's training was great! Good intensity and very good attitude!

# 2. Strategies/Periodisation

## REALIZATION MESOCYCLE (23 August-19 September)



During this mesocycle our main goal was to prepare our athletes to reach their **peak performance** for competition day.

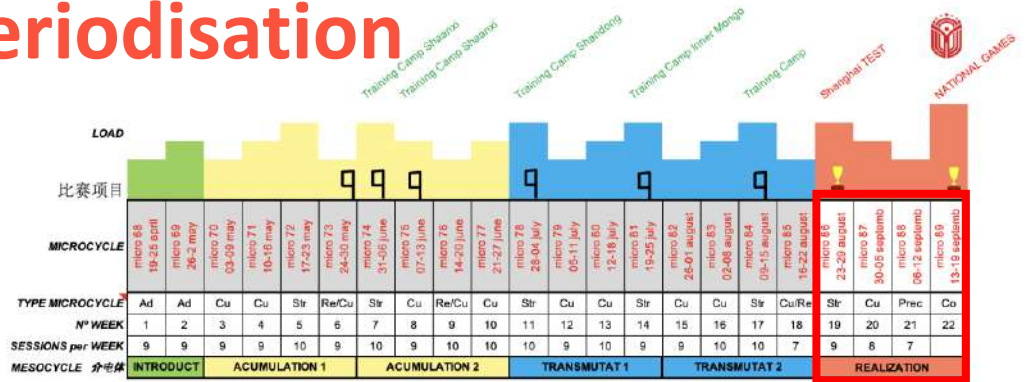
We started the microcycle with a **internal competition**. We organized a round-robin competition in our base trying to prepare better our key athletes. We selected 5 opponents of a similar weight category for each key athlete.

Zhang Zhiyuan did not take part in the competition, trying to avoid any risk after last injury in Shaanxi.



# 2. Strategies/Periodisation

## REALIZATION MESOCYCLE (23 August-19 September)



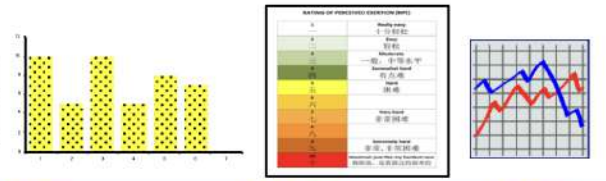
In the last microcycles we focused our attention in tactical aspects and video analysis, preparing the strategy against likely opponents in the China Games. We individualized the training load in the last 3 weeks, for their tapering phase. Below I have included the *schedule* of all microcycles in this phase.

# 2. Strategies/Periodisation

## REALIZATION MESOCYCLE (23 August-19 September) WEEK 19



TEAM 团队: JUDO SHANGHAI      SEASON 季节: 2021  
 WEEK 周: 23-29 Aug      MICROCYCLE 微循环: 86-striking  
 COACH 教练: Felipe Sánchez



	星期一	星期二	星期三	星期四	星期五	星期六	星期日
	09.00 JUDO 柔道 Warm up 热身 15' UK 3 打込 YSG 20+20 连络技打込 NK 投込 3x20''/1' Randori TW-NW 投技实战 10 x 3' (must do 7)/1' Tokuiwaz x10 投技技不	09.00 JUDO 柔道 EXPLOSIVE TRAINING ladder drills 10' UK bands 弹力带打込 Power EXERCISES: 3x 20''	09.00 JUDO 柔道 Warm up 热身 15' UK 3 打込 YSG 20+20 连络技打込 NK 投込 3x20''/1' Randori TW 投技实战 3x1'ran+1'nw+2'KG 3x3'/1' 3x1'+GS/2' Tokuiwaz x10 投技技不	08.30 GYM 健身房 Warm up 热身 15' strength training 力量训练	09.00 JUDO 柔道 EXPLOSIVE TRAINING ladder drills 10' UK bands 弹力带打込 Power EXERCISES: 3x 20''	09.00 JUDO 柔道 COMPETITION	REST 休息
强度	7	5	7	5	5	7	0
	15.00 JUDO 柔道 Warm up 热身 15' Techni tokui waza 投技技术 TW- 15' 寝技技术 Kumikata 20' 抢手 Randori NW 寝技实战 4x3'/30'' 4x 30''+30'' TW-NW	REST 休息	15.00/16.00 JUDO 柔道 Warm up 热身 15' SPECIFIC training for CHINA GAMES Nagem komi 8 x 6 Ne waza attack-defen 10'	REST 休息	15.00/16.00 JUDO 柔道 Warm up 热身 15' SPECIFIC training for CHINA GAMES	REST 休息	REST 休息
强度	3	0	3	0	3	0	0
强度	10	5	10	5	8	7	0

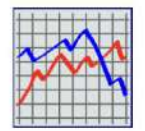
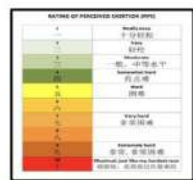
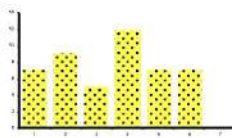
NOTE: The main goal of the week is to prepare the competition test on Saturday!

# 2. Strategies/Periodisation

## REALIZATION MESOCYCLE (23 August-19 September) WEEK 20



**TEAM 团队:** JUDO SHANGHAI      **SEASON 季节:** 2021  
**WEEK 周:** 30-05 sept      **MICROCYCLE 微循环:** 87-cumul  
**COACH 教练:** Felipe Sánchez



	星期一	星期二	星期三	星期四	星期五	星期六	星期日
	REST 休息 	09.00 JUDO 柔道 EXPLOSIVE TRAINING ladder drills 10' UK bands 弹力带打达  Power EXERCISES: 4x 20'' 	REST 休息 	09.00 JUDO 柔道 Warm up 热身 30'  Randori TW-NW 投技实战 10 x 4' (must do 7)/1'  Tokuiwaz x10 投技技术	08.30 GYM 健身房 Warm up 热身 15' strength training 力量训练  	09.00 JUDO 柔道 Warm up 热身 30'  Randori TW 投技实战 3x1'ran+1'nw+2'KG 3x3'/1' 3x1'+GS/2'  Tokuiwaz x10 投技技术	REST 休息 
强度	0	5	0	7	4	7	0
	15.30 JUDO 柔道 Warm up 热身 15' UK 3 打达 YSG 20+20 连络技打达 NK 投込 3x20''/1' Randori TW 投技实战 3x1'ran+1'nw+2'KG 3x3'/1' 3x1'+GS/2' Tokuiwaz x10 投技技术	15.00 JUDO 柔道 Warm up 热身 15'  SPECIFIC training for CHINA GAMES  circuit training x 4 rounds  VIDEO competition	15.00/16.00 JUDO 柔道 Warm up 热身 15' SPECIFIC training for CHINA GAMES  SPECIAL JUDO FITNESS TEST	09.00 JUDO 柔道 EXPLOSIVE TRAINING ladder drills 10' UK bands 弹力带打达  Power EXERCISES: 3x 20''  	15.00/16.00 JUDO 柔道 Warm up 热身 15'  SPECIFIC training for CHINA GAMES  tactical training	REST 休息 	REST 休息 
强度	7	4	5	5	3	0	0
强度	7	9	5	12	7	7	0

**NOTE:** Good training! Low volume of randori but looking for high intensity!

# 2. Strategies/Periodisation

## REALIZATION MESOCYCLE (23 August-19 September) WEEK 20

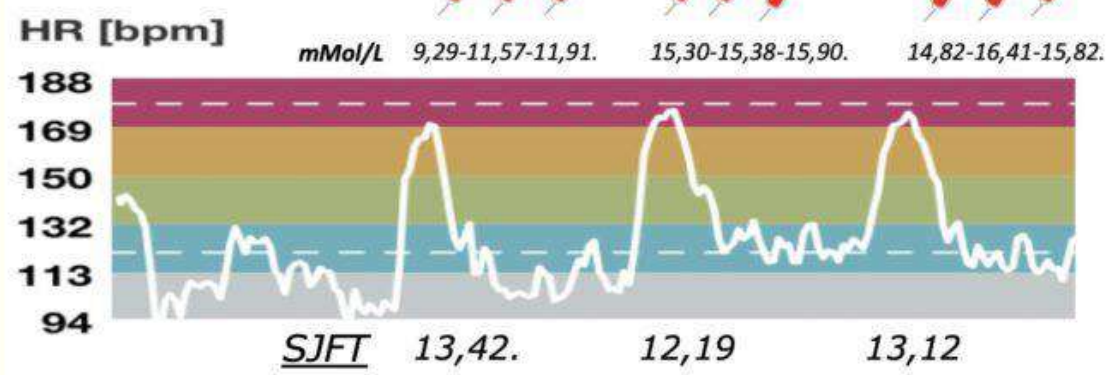
TEAM 队伍:	JUDO SHANGHAI	SEASON 赛季:	2021			
WEEK 周:	30-05 sept	MICROCYCLE 微循环:	87-cumul			
COACH 教练:	Philipp Schuster					
星期一	星期二	星期三	星期四	星期五	星期六	星期日
REST 休息	EXPLOSIVE TRAINING uk bands 弹力带训练 Power EXERCISES 4x20"	REST 休息	WARM UP 热身 30' Random TW NW 专项实践 10 x 4' (must do 7/1)	WARM UP 热身 15' strength training 力量训练	WARM UP 热身 30' Random TW NW 专项实践 3x1 ran+1 nw+2 KG 3x2 J1' 3x1 + GS/2'	REST 休息
0	0	0	0	0	0	0
15.30 JUDO 柔道 Warm up 热身 15' UK 3 打垫 YSD 20x20 柔道垫打垫 NK 90s 3x20' J1' Random TW 专项实践 3x1 ran+1 nw+2 KG 3x2 J1' 3x1 + GS/2' Tokuiwax x10 训练技术	15.00 JUDO 柔道 Warm up 热身 15' SPECIFIC training for CHINA GAMES 专项训练 4 x 4 round VIDEO competition	15.00 JUDO 柔道 Warm up 热身 15' PECHIC training for CHINA GAMES 专项训练 3x 10" SPECIAL JUDO FITNESS TEST	09.00 JUDO 柔道 Warm up 热身 30' EXPLOSIVE TRAINING uk bands 弹力带 专项实践	08.30 GYM 健身房 Warm up 热身 15' strength training 力量训练	09.00 JUDO 柔道 Warm up 热身 30' Random TW NW 专项实践 3x1 ran+1 nw+2 KG 3x2 J1' 3x1 + GS/2' Tokuiwax x10 训练技术	REST 休息
7	4	5	5	5	7	0
7	9	9	10	10	7	0

NOTE: Good training! Low volume of randori but looking for high intensity!

### SPECIAL JUDO FITNESS TEST

#### Application

<u>Heart rate</u>		172	178	176
<u>Heart rate +1'</u>		150	151	152
<u>Num throws</u>		5+10+9	6+11+10	5+10+10
	mMol/L	9,29-11,57-11,91.	15,30-15,38-15,90.	14,82-16,41-15,82.



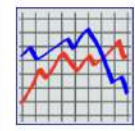
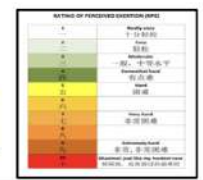
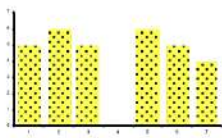



# 2. Strategies/Periodisation

## REALIZATION MESOCYCLE (23 August-19 September) WEEK 21



TEAM 团队: JUDO SHANGHAI      SEASON 季节: 2021  
 WEEK 周: 06-12 Sept      MICROCYCLE 微循环: 88-precompet  
 COACH 教练: Felipe Sánchez



星期一	星期二	星期三	星期四	星期五	星期六	星期日
REST 休息 	09.00 JUDO 柔道 Warm up 热身 15'  UK 3 打込 YSG 20+20 连络技打込 NK 投込 3x20''/1' Randori TW-NW  投技实战 10 x 4' (must do 7)/1' Tokuiwaz x10 投技技术	09.00 JUDO 柔道 Warm up 热身 15' SPECIFIC training for CHINA GAMES  circuit training x 3 rounds Randori NW attack/def 15'	REST 休息 	08.30 GYM 健身房 Warm up 热身 15' strength training 力量训练 	09.00 JUDO 柔道 Warm up 热身 30'  Randori TW  投技实战 3x1' ran+1' nw+2' Kakari geiko 3x3' /1' 3x1' + 30'' nagekomi Tokuiwaz x10 投技技术	09.00 JUDO 柔道 EXPLOSIVE TRAINING ladder drills 10' UK bands 弹力带打込 Power EXERCISES: 3x 20'' 
强度	6	5	0	4	5	4
15.00 JUDO 柔道 EXPLOSIVE TRAINING ladder drills 10' UK bands 弹力带打込 Power EXERCISES: 3x 20''  VIDEO competition	16.00 TECHNIQUE NW (LI, XIE, ZHANG, WU rest)  VIDEO ANALYSIS 	16.00 TECHNIQUE TW (LI, XIE, ZHANG, WU rest)  VIDEO ANALYSIS 	REST 休息 	JUDO 柔道 15.00 XIE/WUZEDONG 16.15 WU/ZHANG Tactical Training 	REST 休息 	REST 休息 
强度	5	5	0	2	5	4
强度	5	6	5	0	6	4

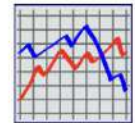
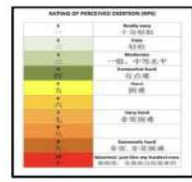
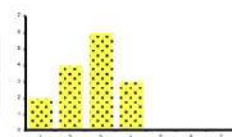
**NOTE:** Good training! Trying to find good feelings and increase the motivation for the athletes! Many Video Analysis and individual tactical training. On Friday just reviewed the tactical aspects for each athlete, one by one, also trying to work on psychological aspects.

# 2. Strategies/Periodisation

## REALIZATION MESOCYCLE (23 August-19 September) WEEK 22



TEAM 团队: JUDO SHANGHAI      SEASON 季节: 2021  
 WEEK 周: 13-19 Sept      MICROCYCLE 微循环: 89-compet  
 COACH 教练: Felipe Sánchez



星期一	星期二	星期三	星期四	星期五	星期六	星期日
VIAJE SHANGHAI-XIAN 2 h flight +3 h bus 	10.00 JUDO 柔道 Warm up 热身 15'  YSG+NK+transitionNW 3x1 uke right/left 3x30" uke upper right/left 3 x 30" Nagekomi	09.00 GYM Warm up 热身 15'  Aerobic circuit 20' Power EXERCISES: 4x 20" 3 x 8 rps medball throw uk bands	09.00 JUDO 柔道 Warm up 热身 15'  YSG 3 x 1 KUMIKATA 3 x 30" NAGE KOMI 3 x 30" 2 rounds (2 partners)	10.00 COMPETICION XIE, WU, ZHANG 	10.00 COMPETICION LI PINZHENG 	REST 休息 
强度		4	2	3		0
17.00 GYM Mobility 10' Uchikomi 10; Stretching 10' 30' easy training	REST 休息 	16.00 JUDO 柔道 Warm up 热身 15'  YSG+NK+transitionNW 3x1 uke right/left 3x30" uke upper right/left 3 x 30" Nagekomi	REST 休息 	REST 休息 	REST 休息 	REST 休息 
强度	2	0	4			
强度	2	4	6	3		

**NOTE:** Due to the pandemic, we traveled on Monday and we found many restrictions to use the facilities (dojo-gym). We only can enter on the facilities on certain days. Our athletes don't need to reduce the weight too much, so our main goal for this week was to activate our athletes and find good feeling to prepare the competition. We traveled with 2 ukes for each athlete qualified + 2 therapist, but only one can enter in the warm-up area.

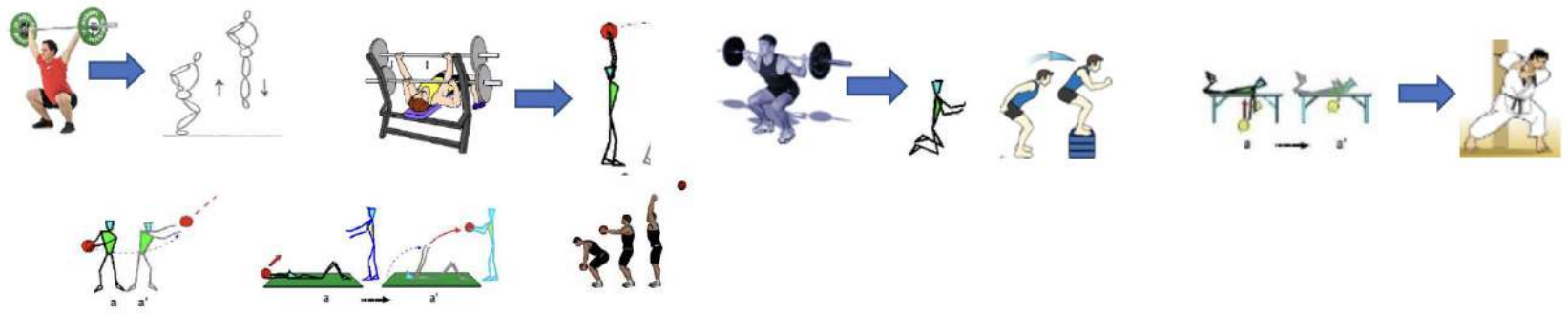
# 2. Strategies/Periodisation

ATHLETE: XieYadong 谢亚东

NOTES: Rest: (\*) 3 min (^)1 min



Day 1/ 日1	周 86 - Week 86/23 Aug				周 87 - Week 87/30 Aug				周 88 - Week 88/6 Sept				Warm_up
	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight	Sets	Reps	Inten	Weight	
Hang snatch + seoi jump*	4 x 5 + 5		80%	70	3 x 5 + 5		80%	70	2 x 5 + 5		80%	70	1 x 6/1 x 4
Bench press + seoi ball*	4 x 6 + 6		75%	100	3 x 6 + 6		75%	100	2 x 6 + 6		75%	100	1 x 8/1 x 6
Squat + knee-box jump*	4 x 6 + 3		75%	100	3 x 6 + 3		75%	100	2 x 6 + 3		75%	100	1 x 8/1 x 6
Row + uchi komi*	4 x 6 + 8		75%	90	3 x 6 + 8		75%	90	2 x 6 + 8		75%	90	1 x 8/1 x 6
Throw ball 1	3 x 8				2 x 8				2 x 8				
Throw ball 2	3 x 8				2 x 8				2 x 8				
Throw ball 3	3 x 8				2 x 8				2 x 8				



## 3. Monitoring training load

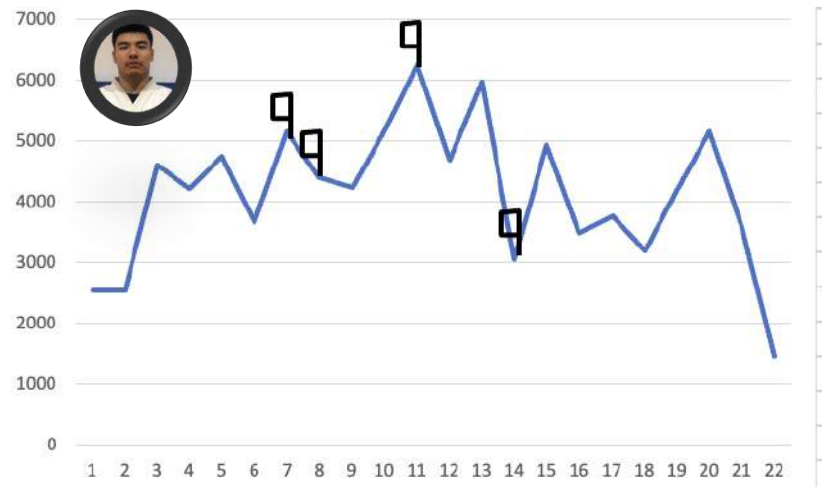
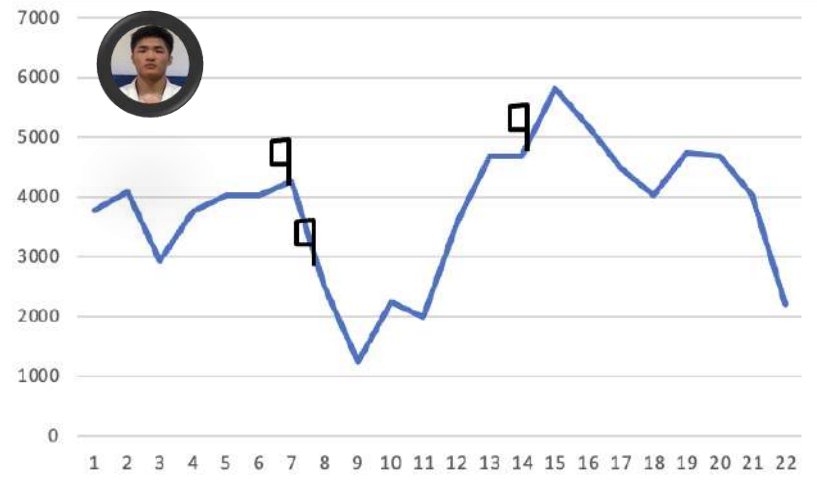
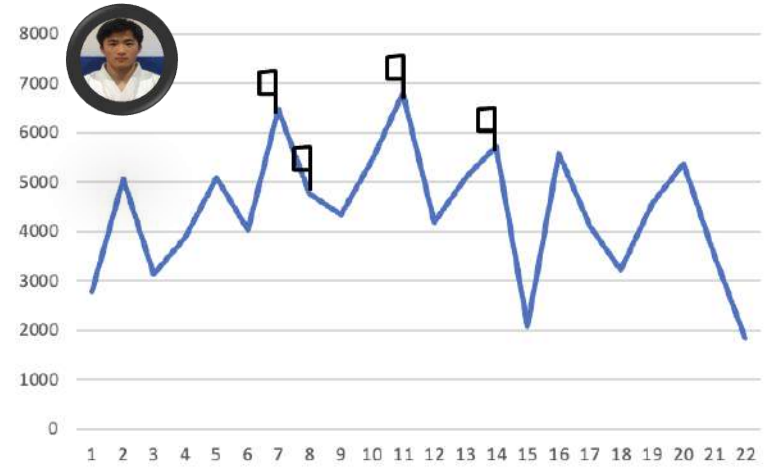
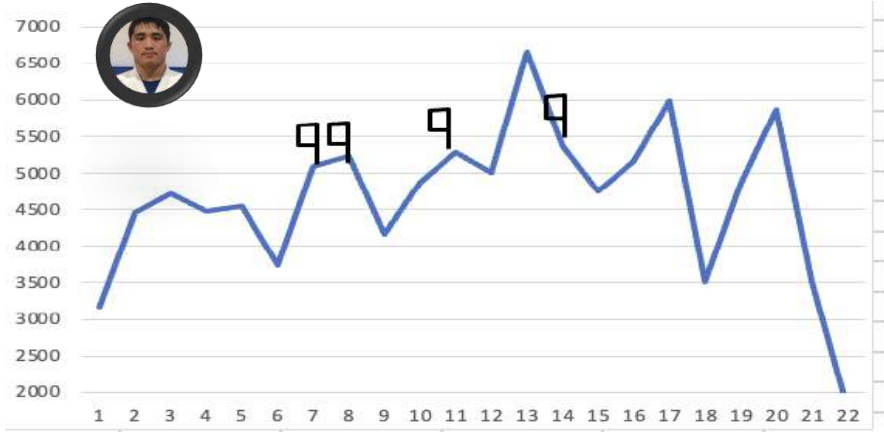
In order to ***monitor and optimise the training process*** we figured out in our training plan several tests to check the different aspects that we were working on during the different mesocycles.

In this chart you can see the different tests we did during this periodisation.

We also ***monitored*** athletes everyday, checking parameters such as RPE and wellness (sleep, fatigue, doms, stress) which can help us to take decisions according to the internal training load of our athletes.

With the RPE-method to calculate the training load, we can also calculate interesting data such as monotony index, daily/weekly training load, fatigue strain, Acute/chronic fatigue index or the weekly load variation, these parameters are very useful to give me feedback about the status of my athletes and give me information for deciding better how to program and adjust the loads for the following microcycles.

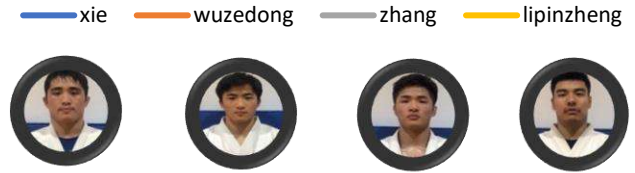
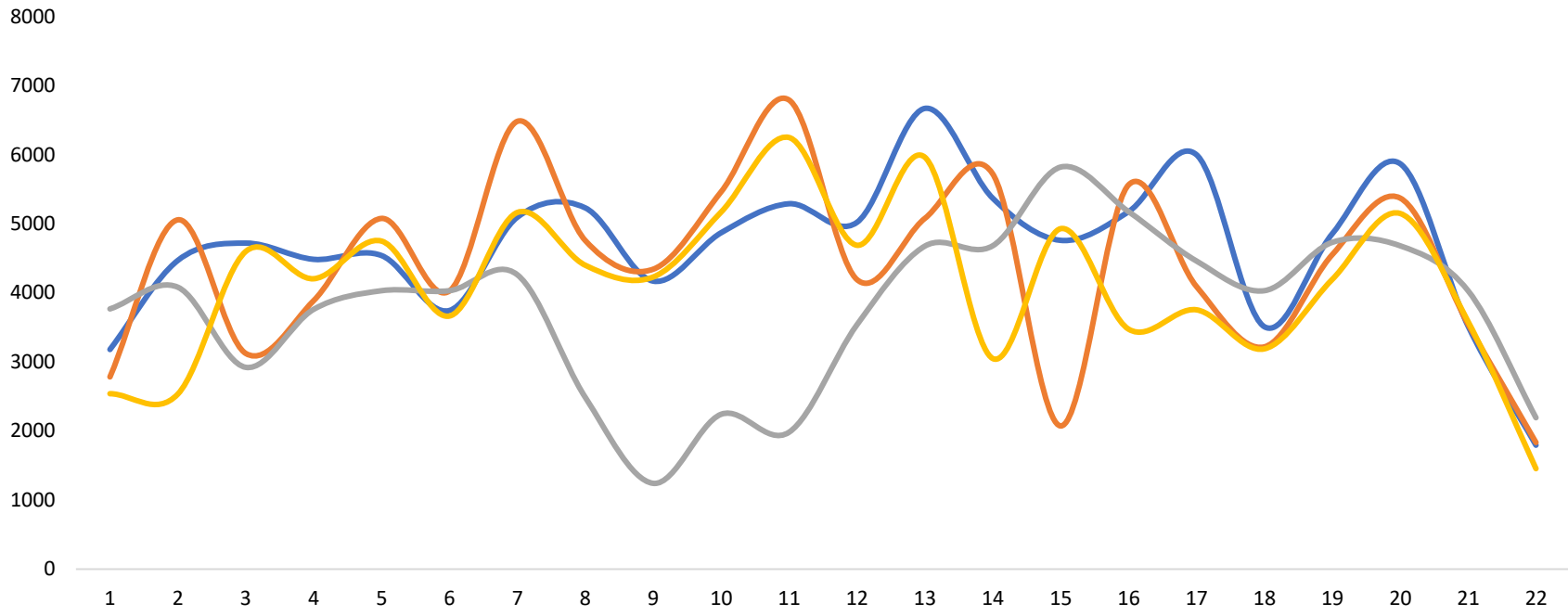
# 3. Monitoring training load



\*Training load of our athletes during this periodisation (UA).

□ Training camps

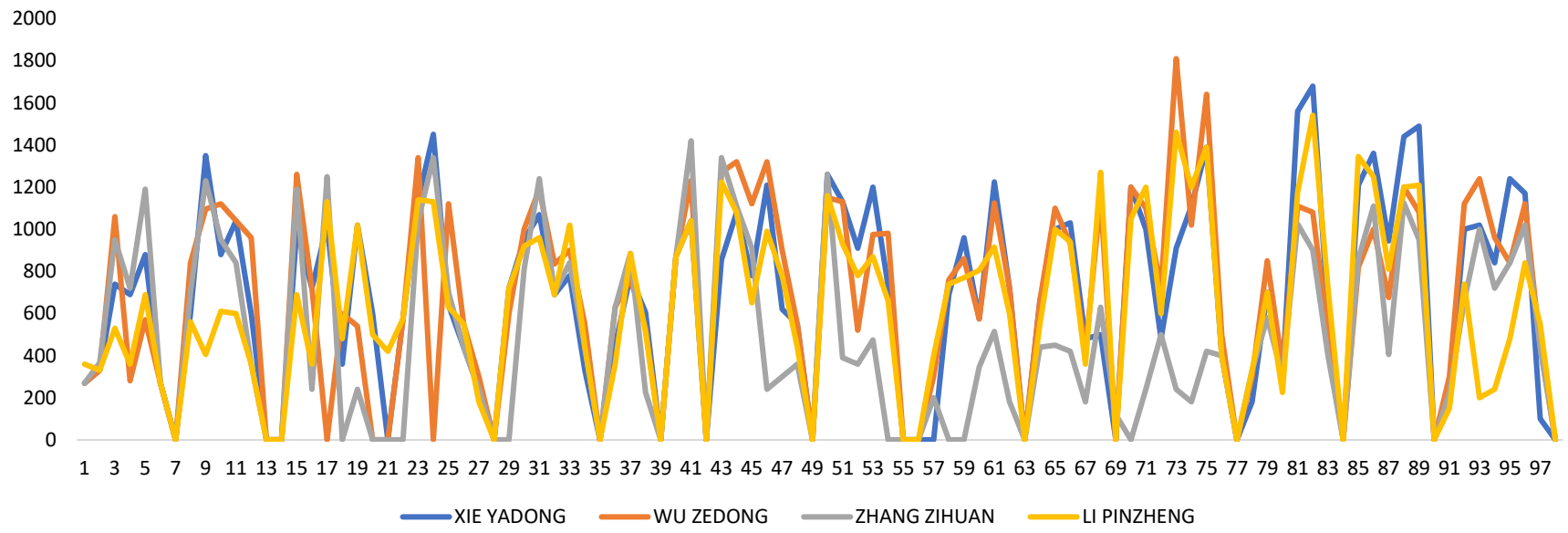
# 3. Monitoring training load



*\*Comparison of training load from our athletes during this periodisation (UA)*

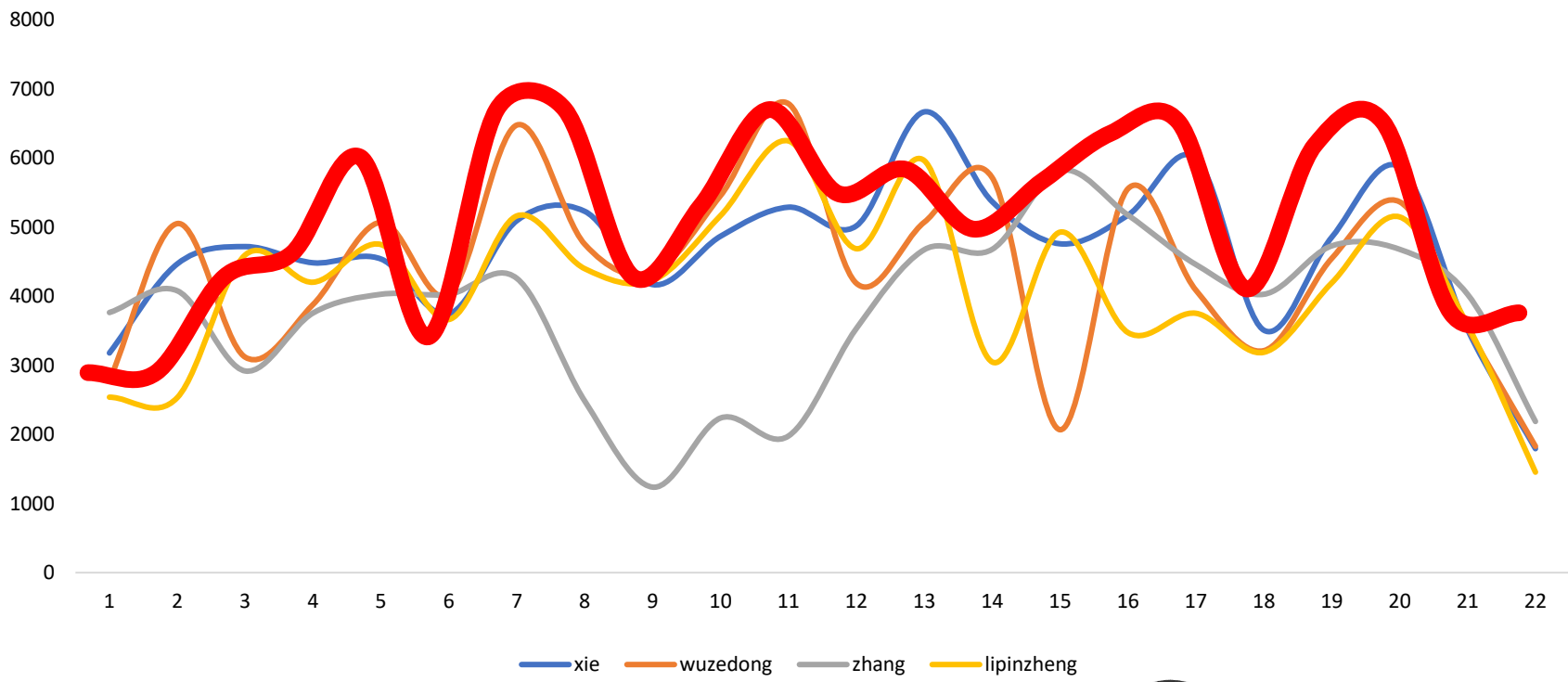
# 3. Monitoring training load

COMPARATIVE DAILY TRAINING LOAD



*\*Comparison of daily training load from our athletes during this periodisation (UA)*

# 3. Monitoring training load



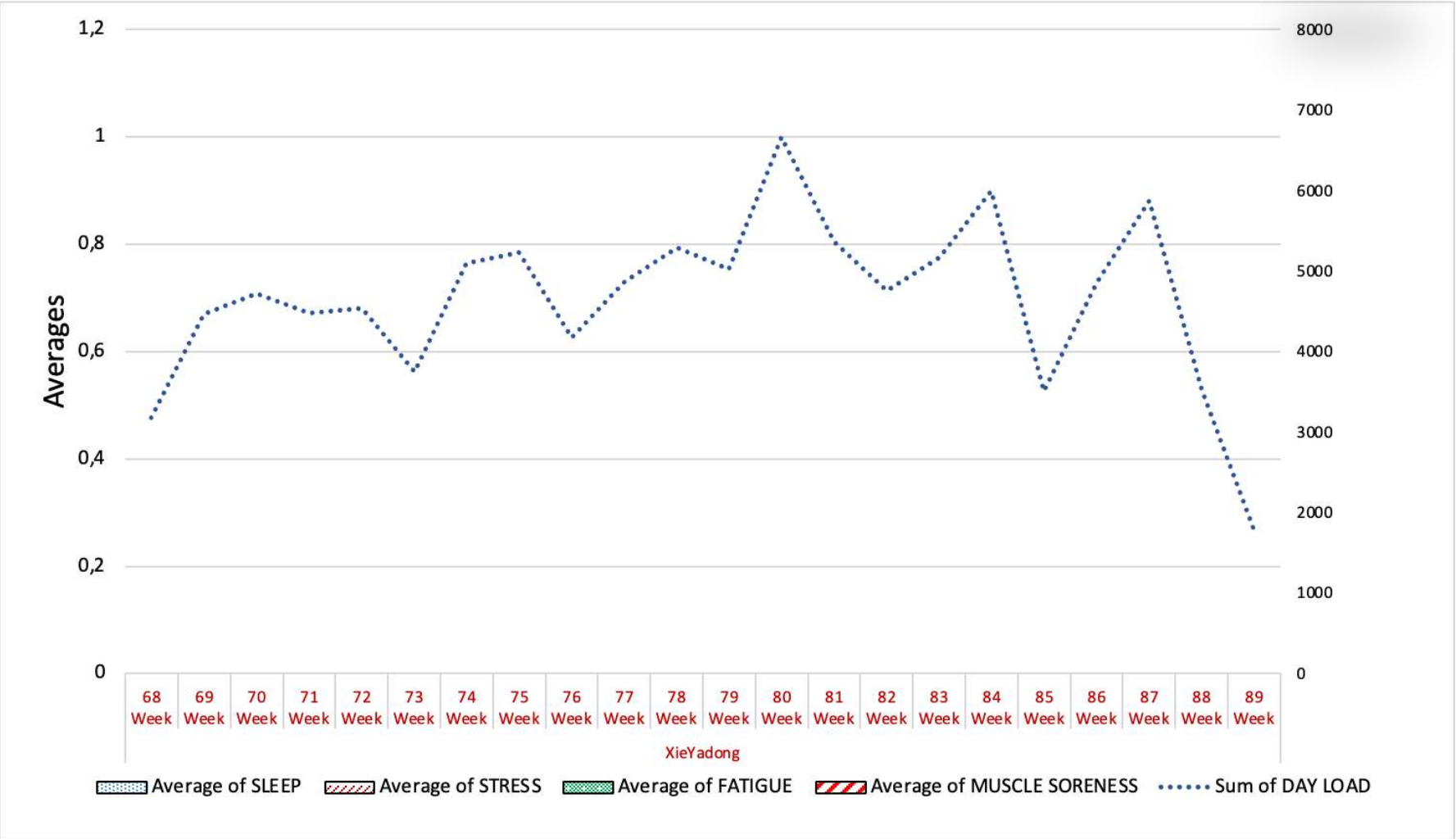
*\*Comparison between planned training load and perceived training load (UA)*



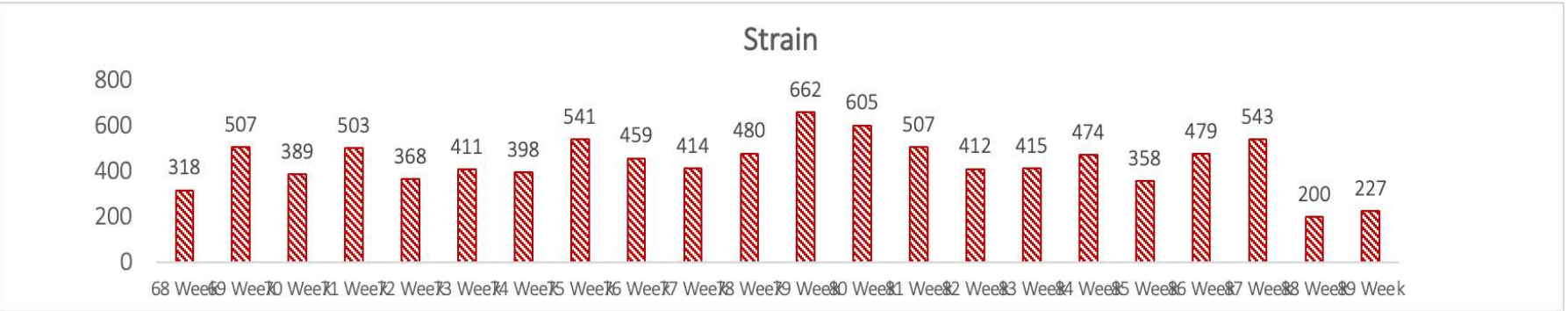
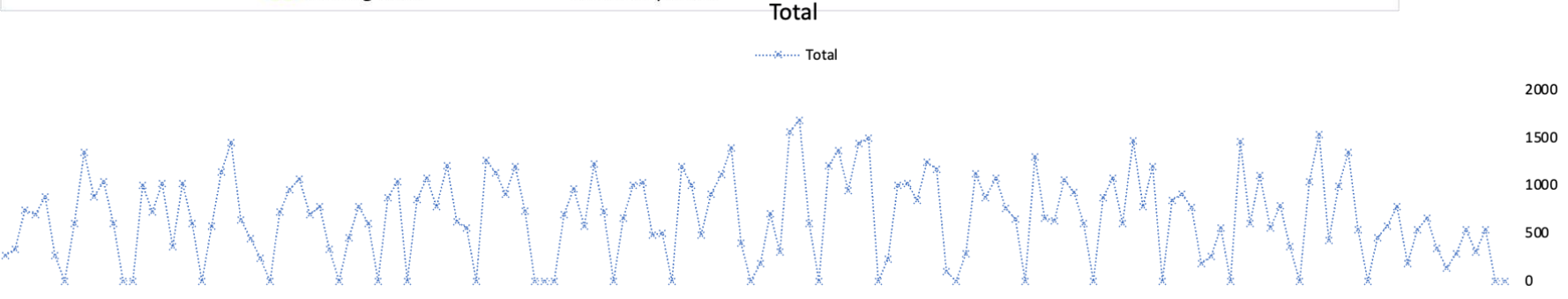
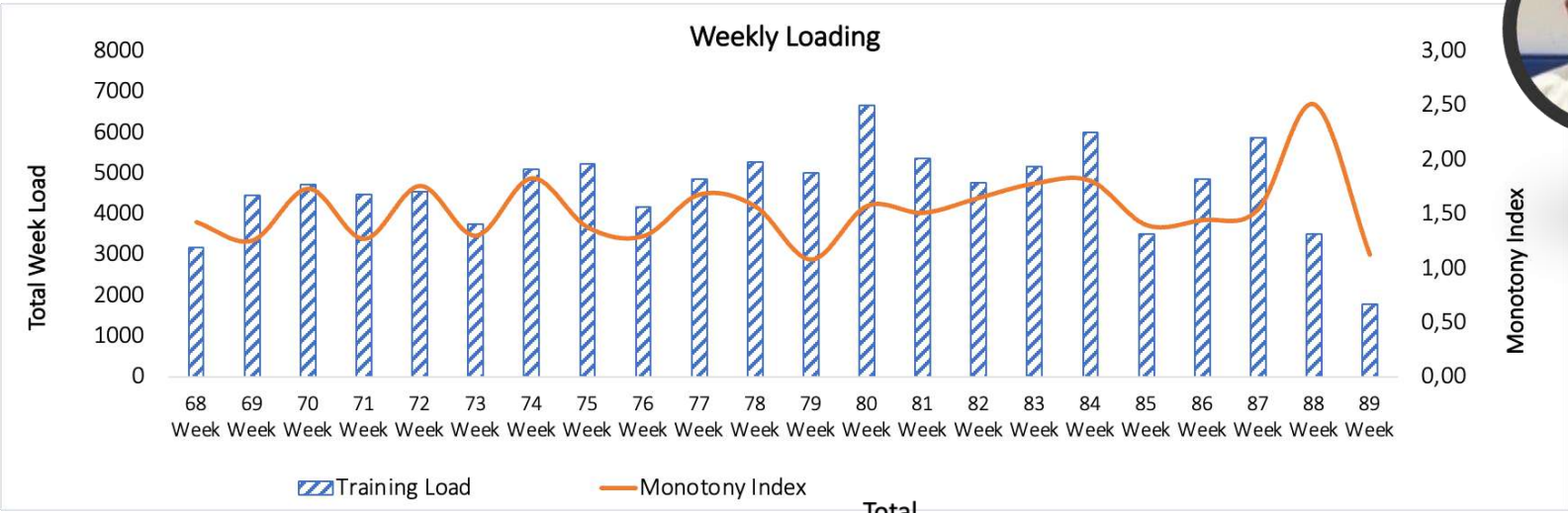
# 3. Monitoring training load



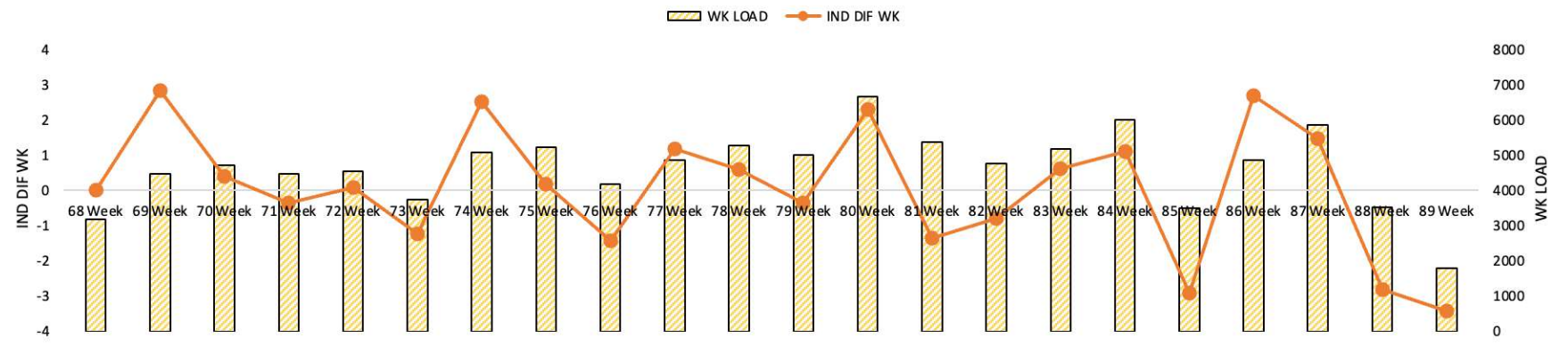
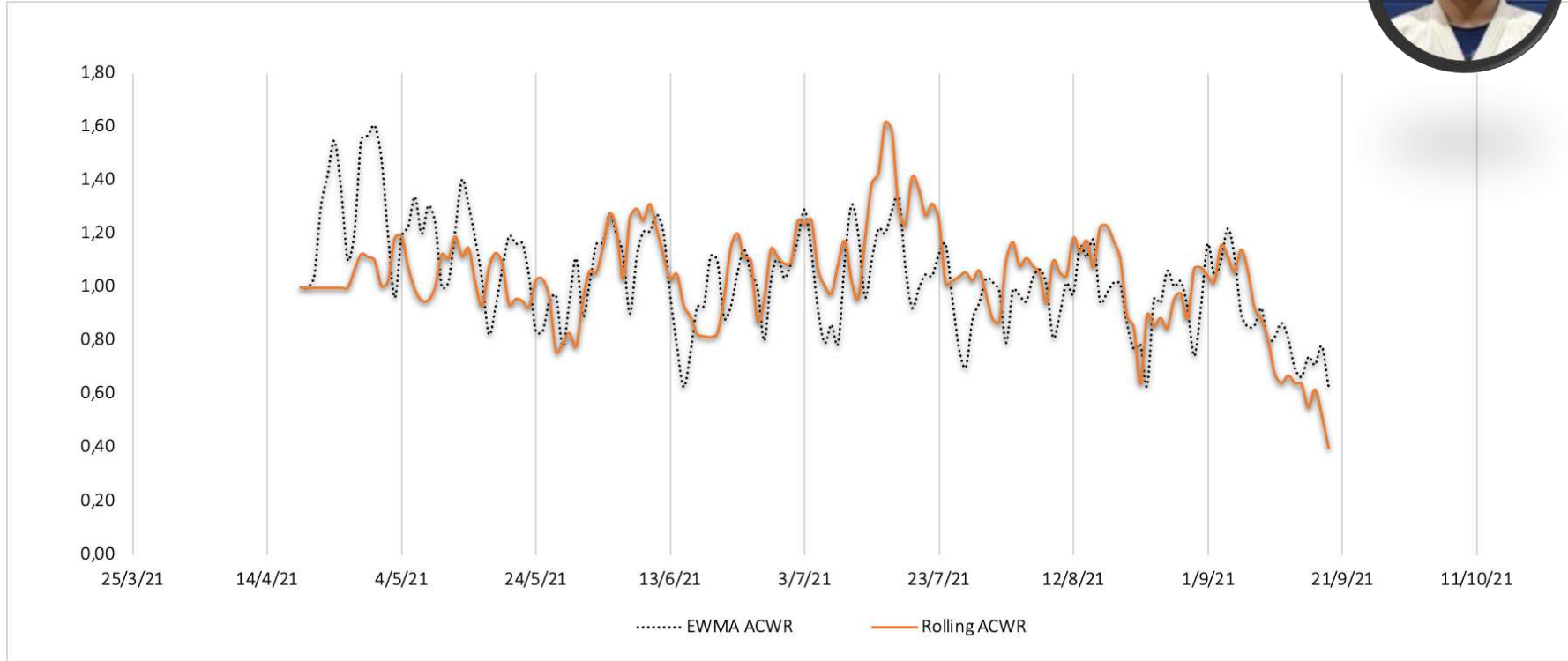
*\*XIE YADONG'S individual report*



# 3. Monitoring training load



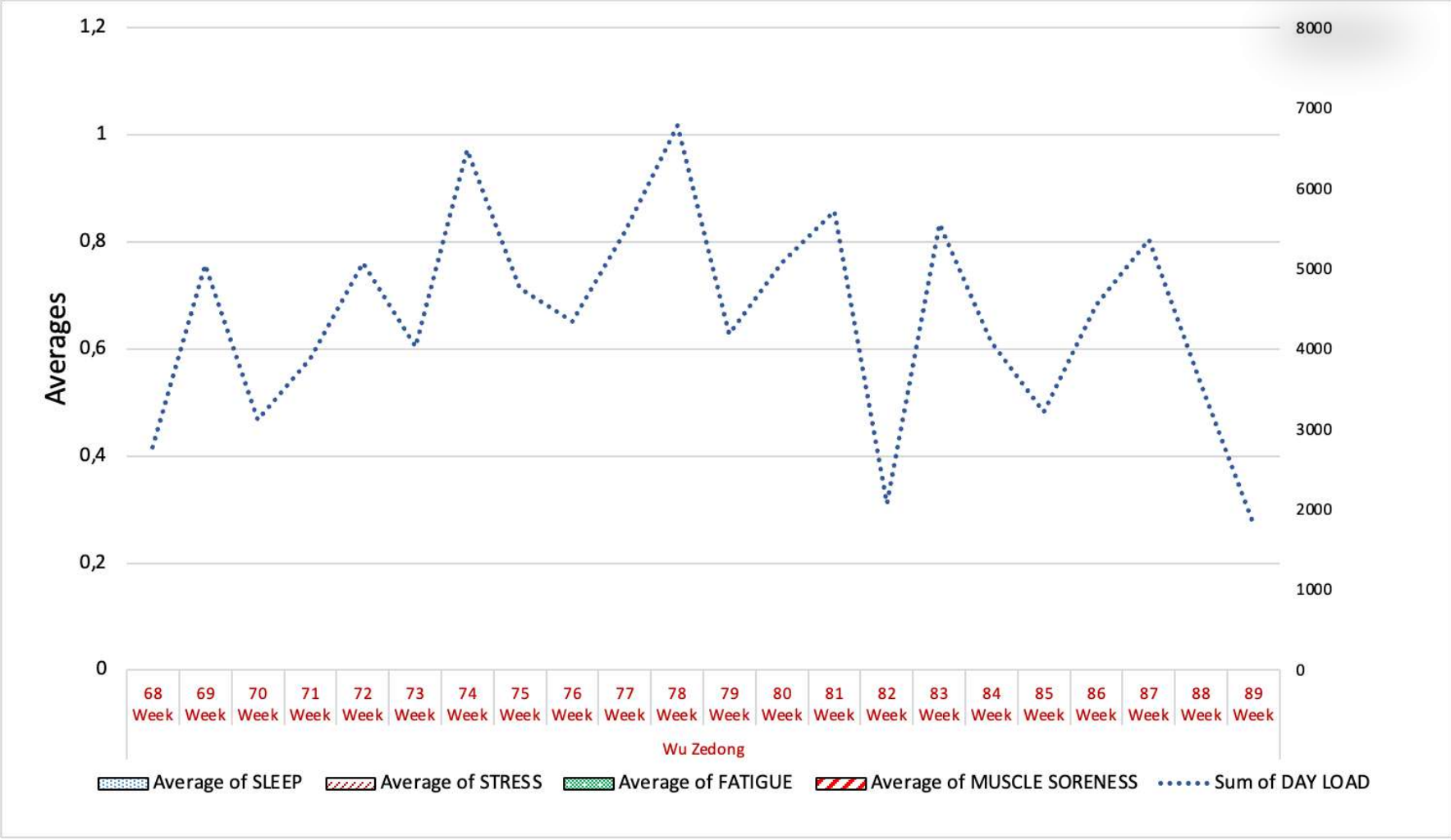
# 3. Monitoring training load



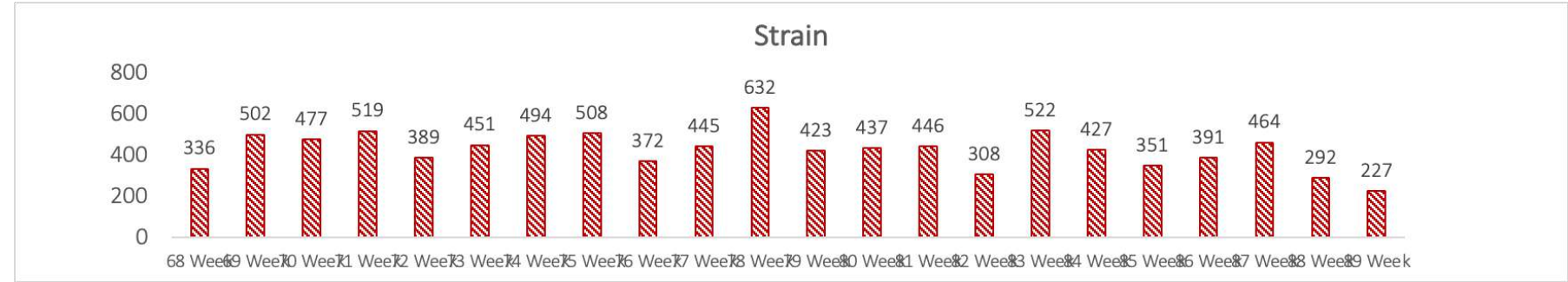
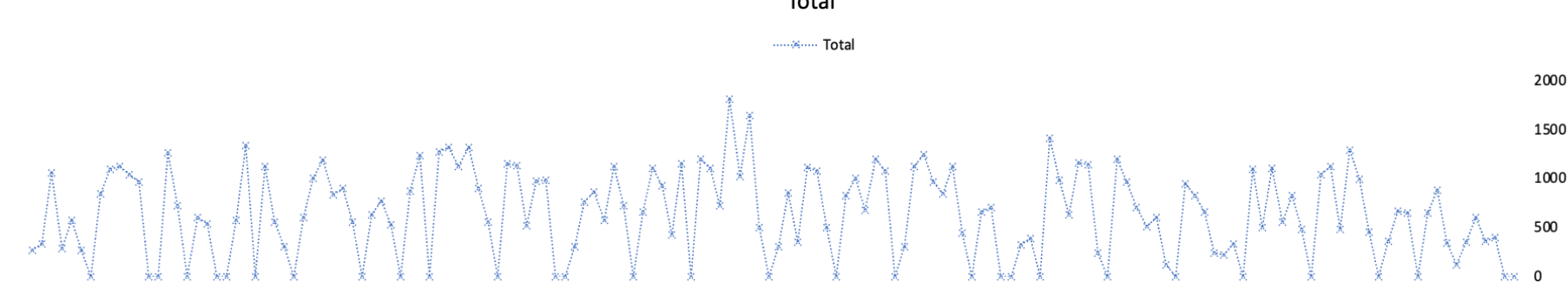
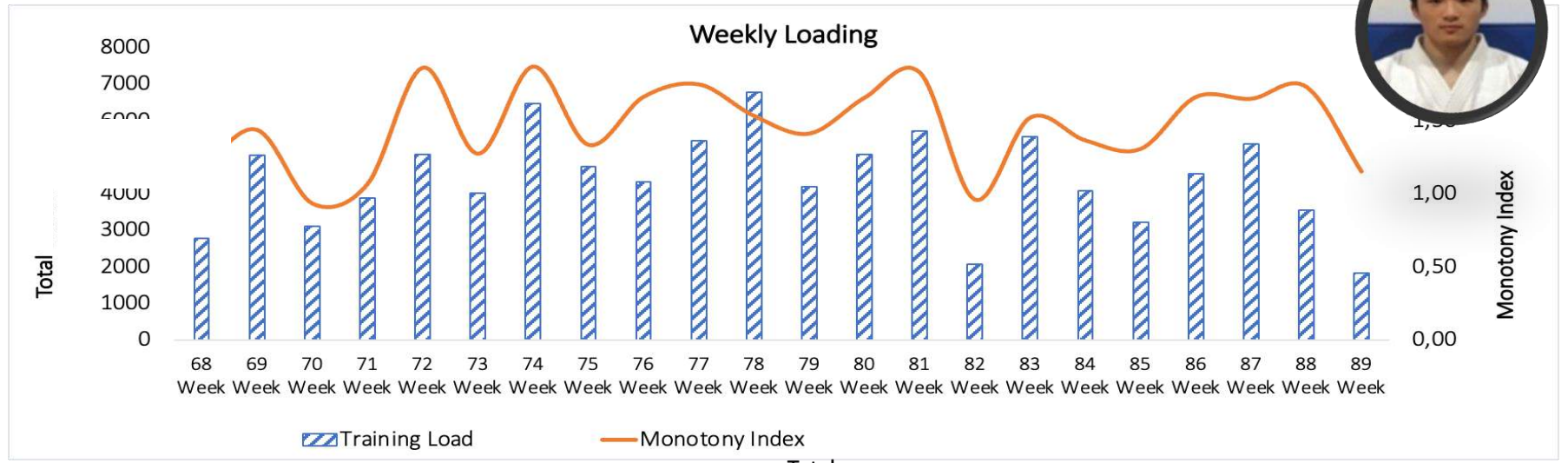
# 3. Monitoring training load



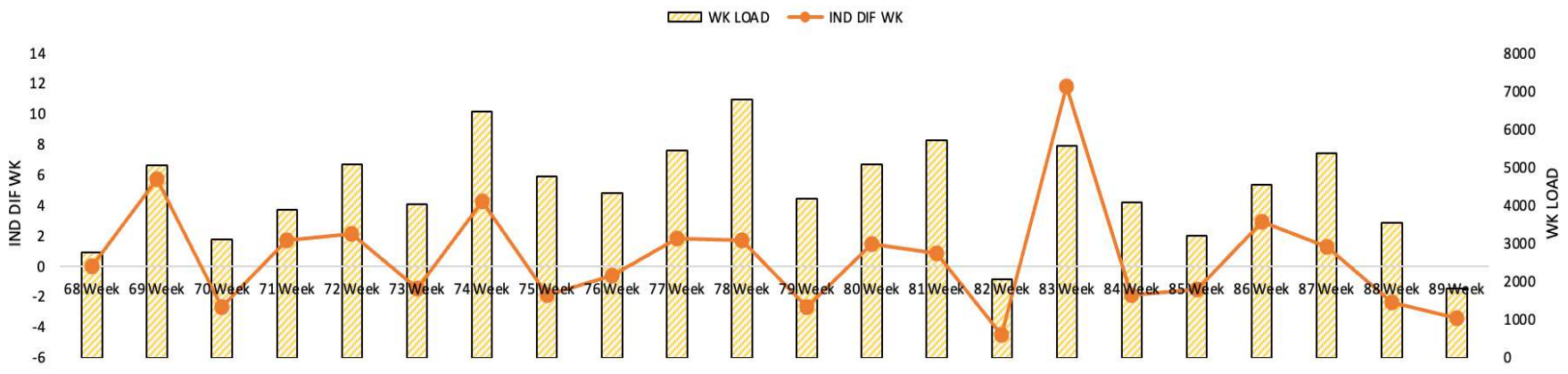
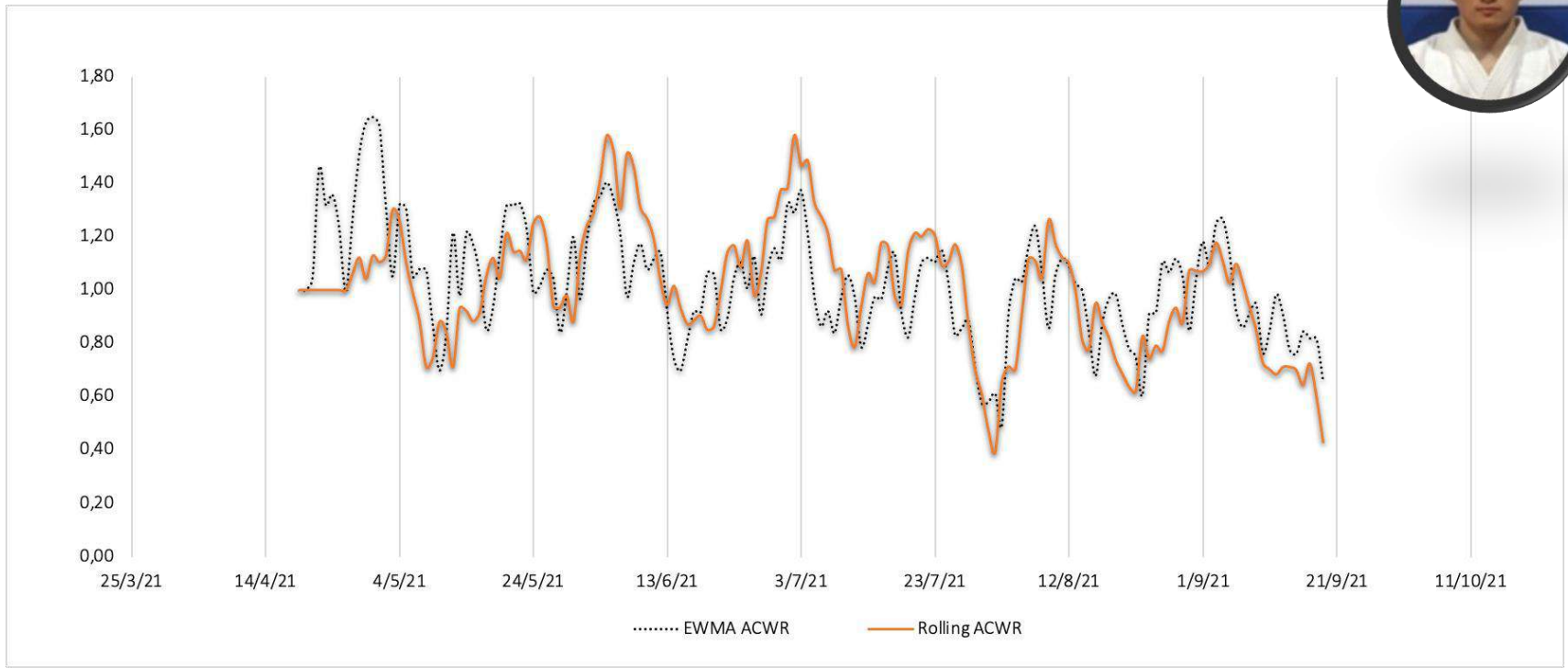
*\*WU ZEDONG'S individual report*



# 3. Monitoring training load



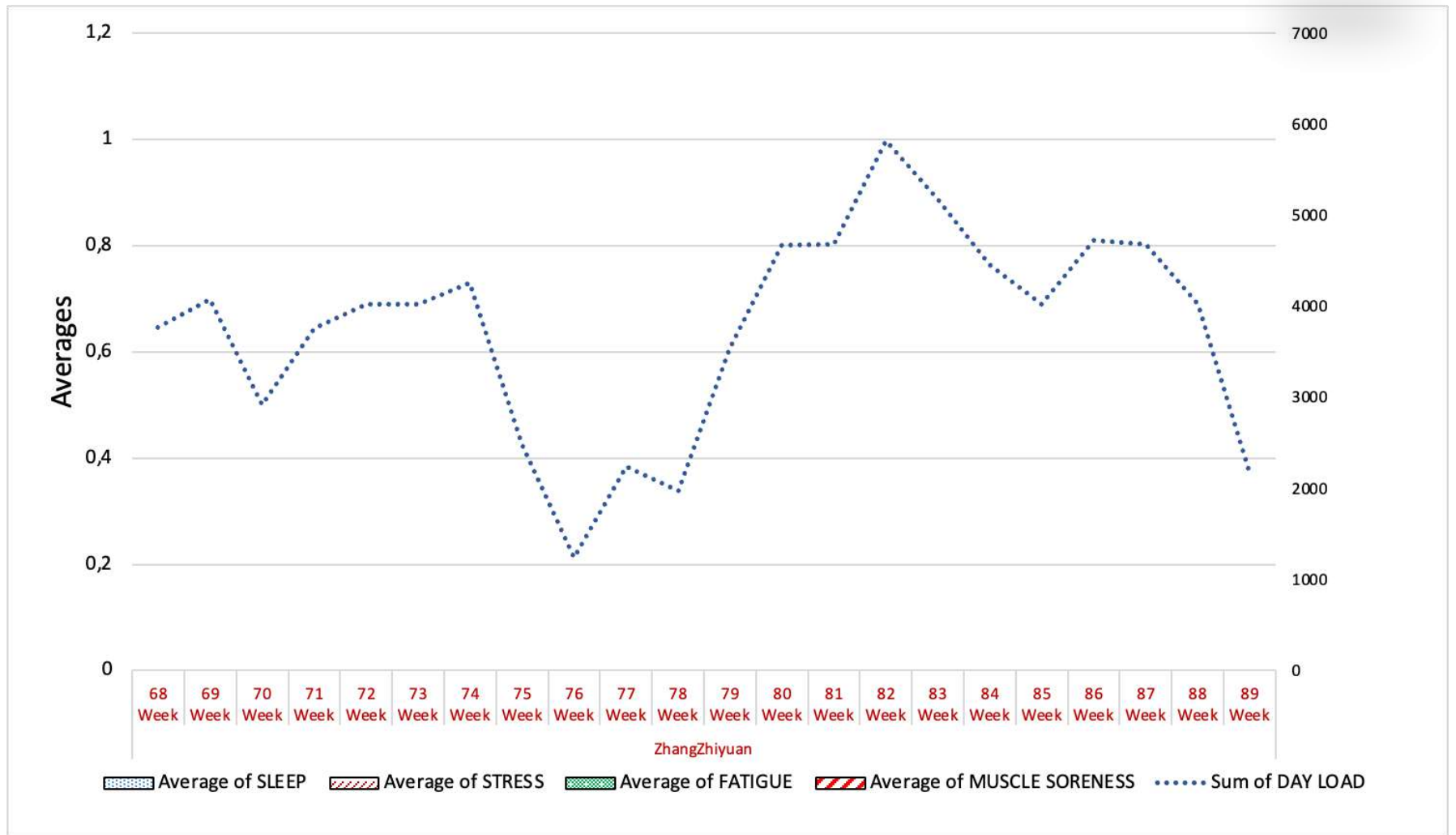
# 3. Monitoring training load



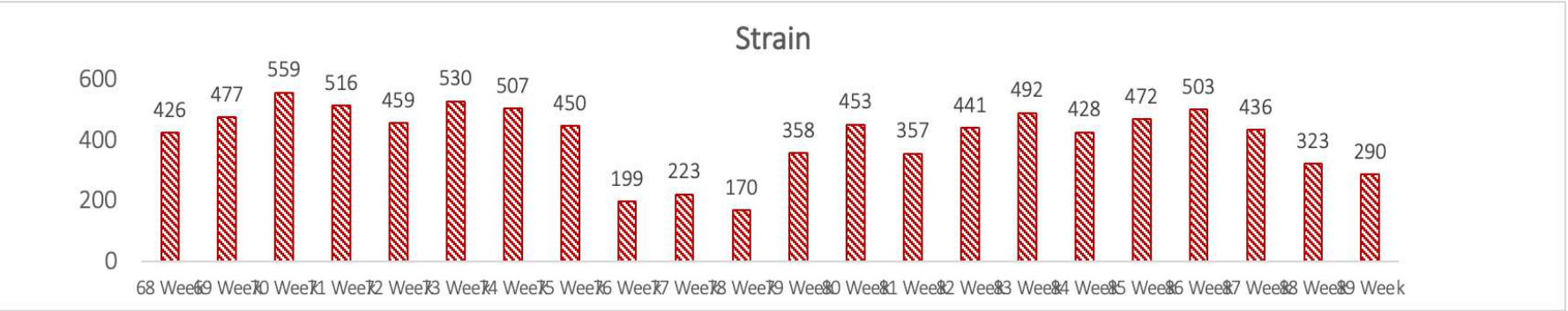
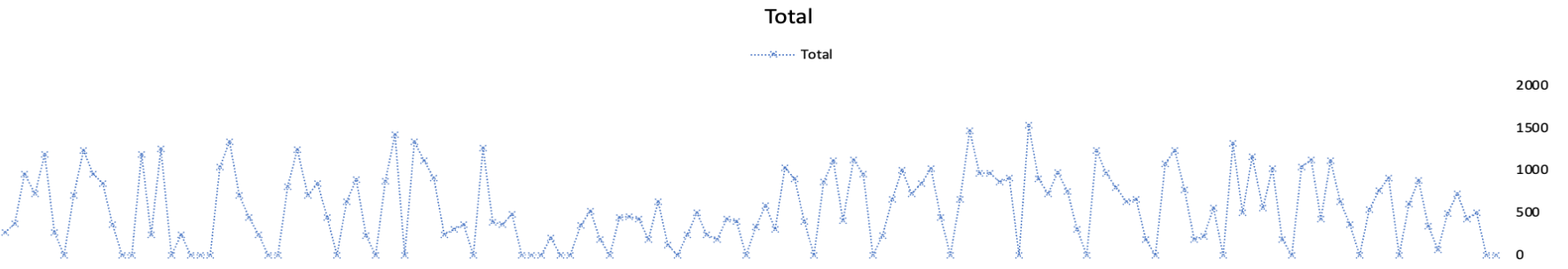
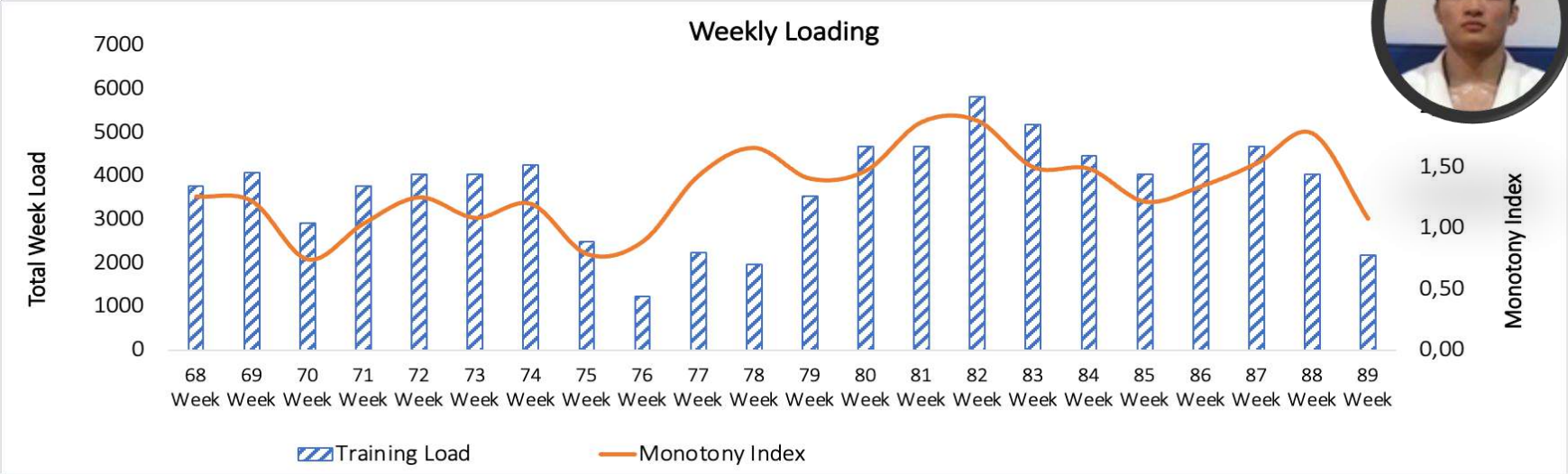
# 3. Monitoring training load



*\*ZHANG ZHIYUAN'S individual report*

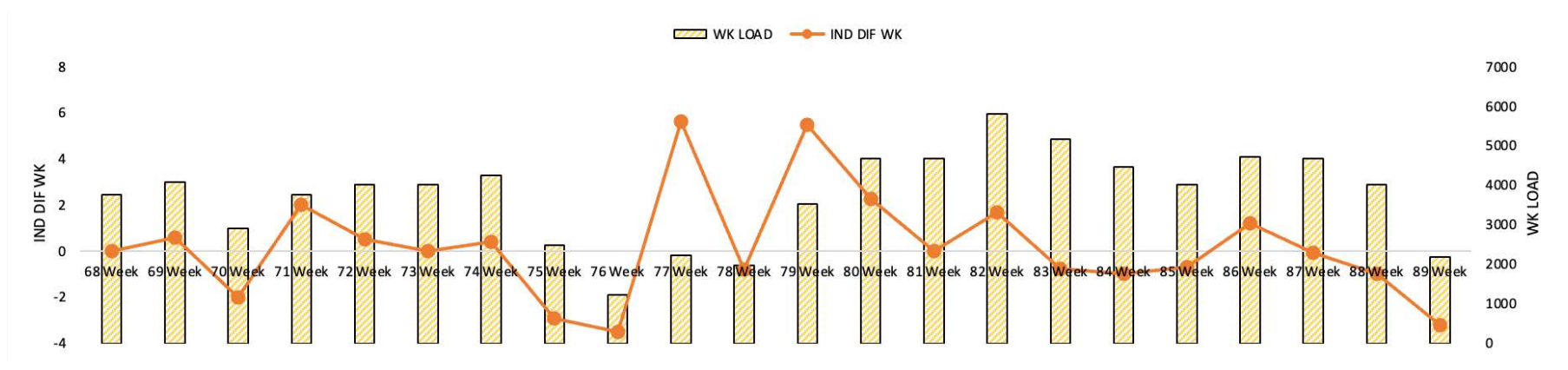


# 3. Monitoring training load





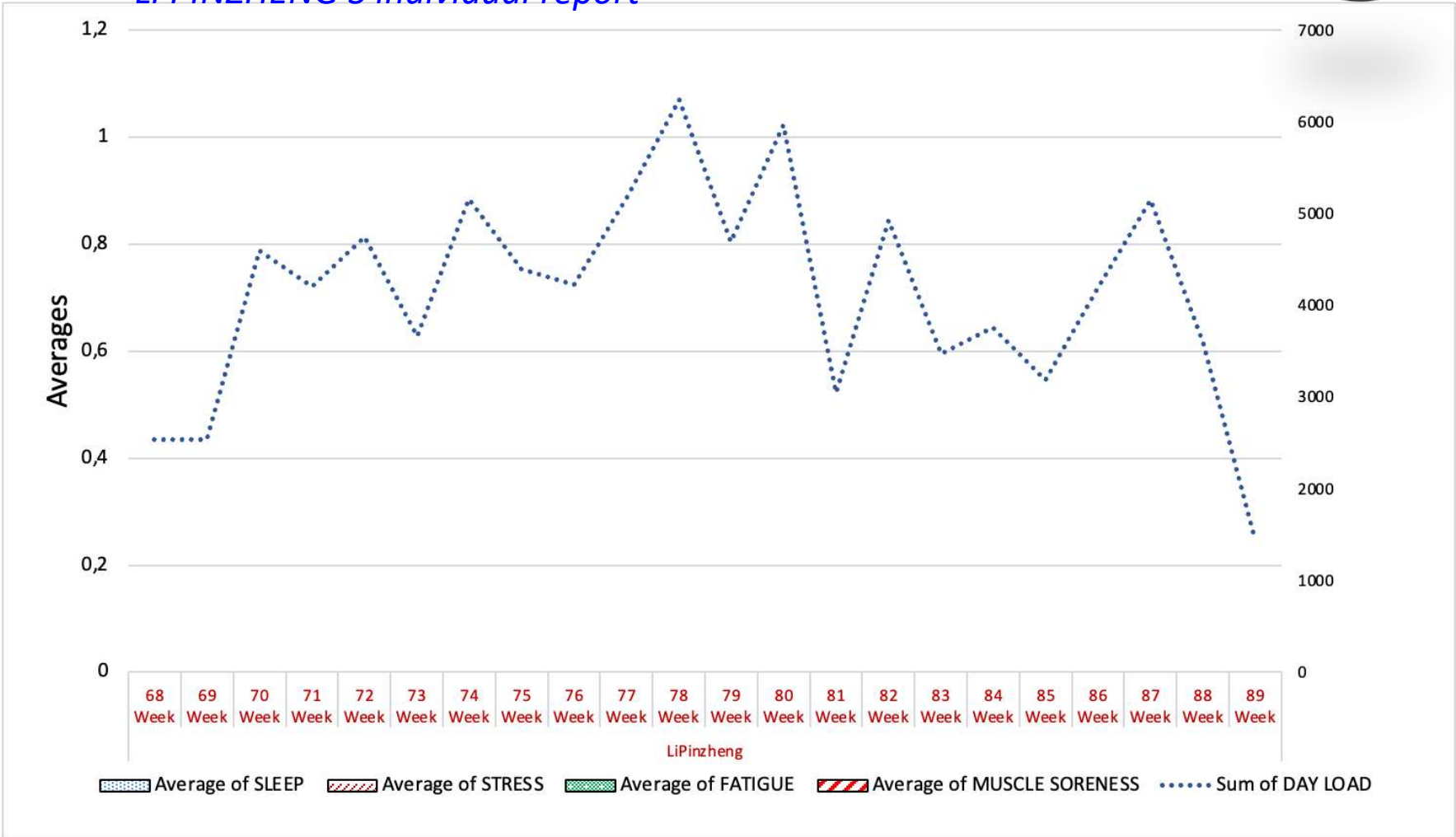
# 3. Monitoring training load



# 3. Monitoring training load



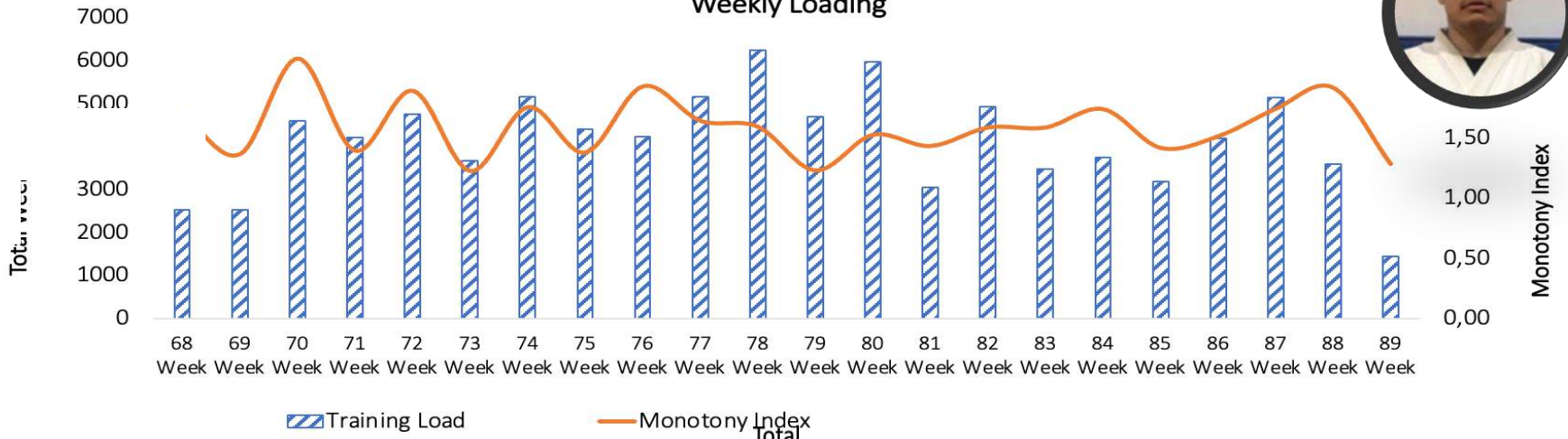
*\*LI PINZHENG'S individual report*



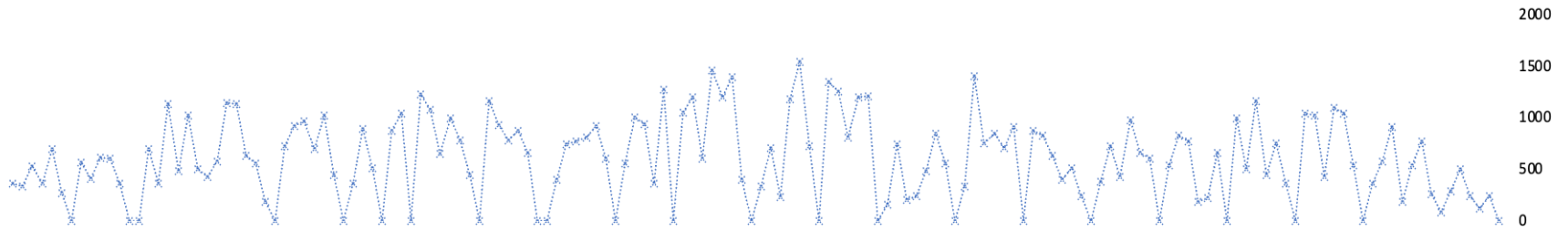
# 3. Monitoring training load



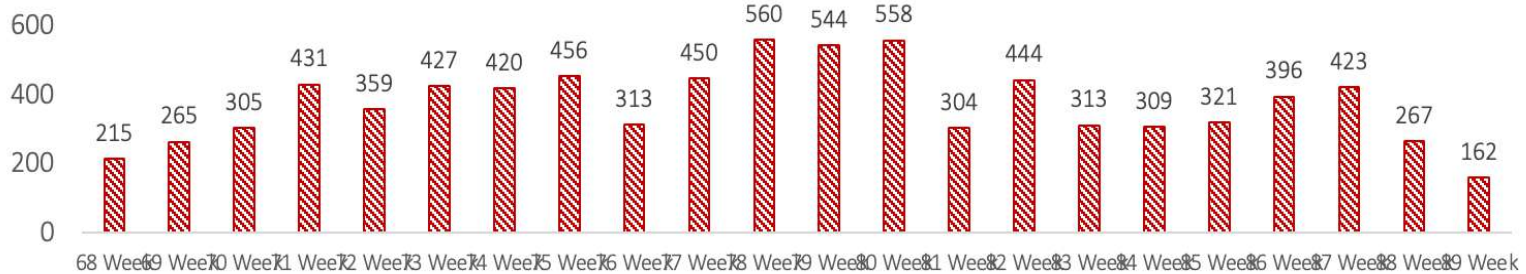
Weekly Loading



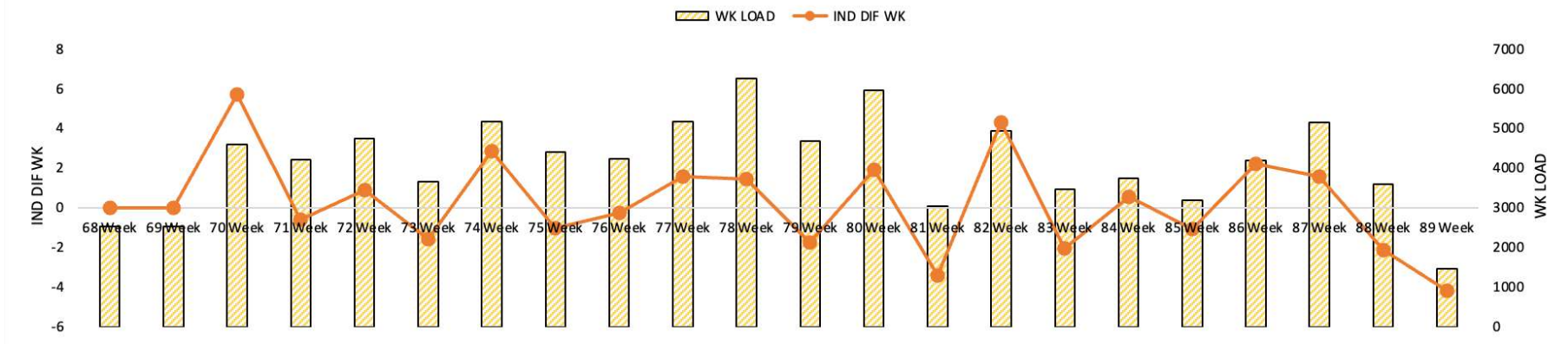
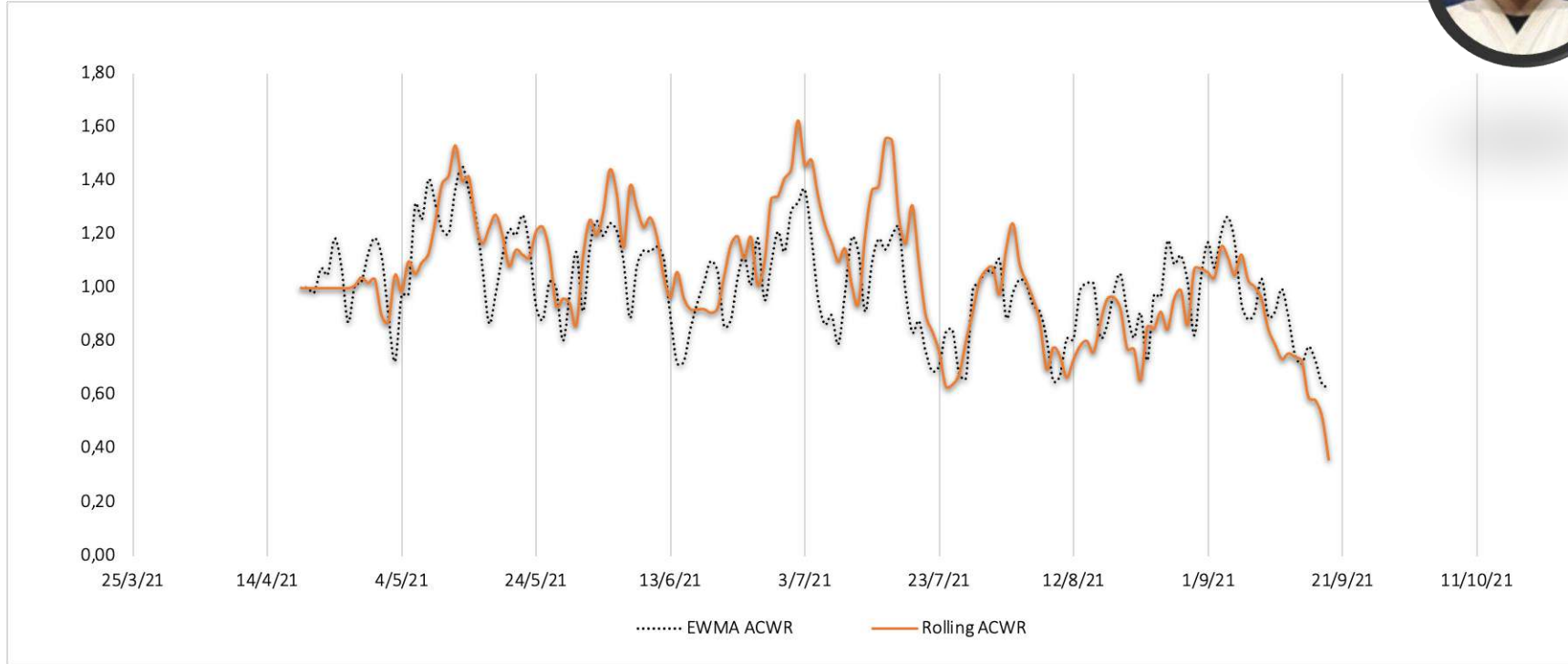
Total



Strain



# 3. Monitoring training load



# 4. Results

After any training cycle it is important to check all the process and discuss with the team (staff and athletes) whether their goals were met or not and the reasons why any goals were not achieved.

In this case we reached the main goal for the team, because the priority was to get a medal in the China Games, the first for Shanghai in the last 8 years.

Regarding the individual goals for each athlete, we can find different situations.

**XIE YADONG** reached his goal but in the final he made a tactical error which cost him the gold medal against one strong athlete. We must improve his tactical skills especially in fights against opponents which know him well.



## 4. Results

**ZHANG ZHIYUAN** completed a great performance but serious injuries in the last season made it complicated to find a way to prepare him sufficiently. He is definitely a very talented athlete but we need to work harder and focus more on his specific training goals if we want to reach the podium in future events.

**LI PINZHENG** had a good experience, which will help him for the upcoming competitions. Although he needs more tactical experience in competition, he showed good progress, not just in the competition, but also in all of the processes to prepare for the China Games.

**WU ZEDONG** showed one more time that is one of the best technical athletes in China in his weight category, but technical skill alone is not enough. If we want to reach the international level we must change his mindset during every single training session.

