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- 中国オリンピック委員会 パフォーマンス・コー
 チ
- オビエド大学 柔道ヘッド・コーチ
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INTRODUCTION 序文









200

A. Bejan et al., Int. Journal of Design & Nature. Vol. 5, No. 3 (2010)



Figure 1: The evolution of men's world record speeds in running (100 m dash) and swimming (100 m freestyle) in modern athletics. The data are from Tables 1 and 2.



Best men's discus performance, and the average of the top 20, year by year (Schumacher et Pottgieser, 2009)







Best and top 20 average times in the men's 5,000m by year



Best and top 20 average times in the men's 10,000m by year (Schumacher et Pottgieser, 2009)













TRAIN HARD, TRAIN SMART トレーニング・ハード, トレーニング・スマート















TRAINING トレーニング

RECOVERY 回復

?S





TRAINING LOAD MONITORING トレーニング負荷のモニタリング

Accurate monitoring of the training load can help coaches **improve the preparation** of their athletes for competition.

The most value a coach can get from accurately monitoring the training load is a better understanding of each individual athlete's **tolerance to training**.

Another benefit is that coaches can determine if athletes are implementing training stress **according to their plan**.

Many athletes, coaches, and support staff are taking an increasingly scientific approach to both designing and monitoring training programs. Appropriate load monitoring can aid in determining whether an athlete is adapting to a training program and in **minimizing the risk** of developing non-functional **overreaching, illness, and/or injury**.







TRAINING LOAD MONITORING トレーニング負荷のモニタリング

Modern sports science and pioneer <u>Tim Gabbett</u> defined load into two categories; external and internal.

EXTERNAL LOAD 外的負荷

External load it may be described as an amount of work done.

This comprises variables associated with work such as volume, intensity, density, etc

INTERNAL LOAD 内的負荷

Internal load is the physiological, psychological, and perceptual response to the work that's completed. Internal load is measured by the rating of perceived exertion (RPE), heart rate, lactate,...













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METHOD RPE 自覚的運動強度(RPE)手法



RATING OF PERCEIVED EXERTION (RPE)

RATE OF PERCEIVED EXERTION (BORG SCALE)





1	Really easy 十分轻松
2	Easy 轻松
3	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	Maximal: just like my hardest race 极限值,是我做过的最难的





TRAINING LOAD

Е=мс

 π

VOLUME (minutes)

INTENSITY



BATING OF PERCEIVED EXERTION (RPE)

1	The state of the second
4	4mg 8242
1	Moderate 一般。中等水平
	Service has been
1	11.4

i.	Veryherd 使常时地
Å	
1	Extendy hert 市況, 市田同道
	Maximal just like my hardest case 608/32- 42/02/42/10/42/01





EXAMPLE 1 SESSION per DAY







120 min x 4 = 480 UAL

<u>Total daily training load</u>

= 480 UAL







EXAMPLE 2 SESSIONS per DAY







VOLUME minutes		INTENSITY	
120	X	4	= 480 UAL
90	X	3	= 180 UAL
otaly da	ily train	ning load	= 660 UAL

EXCEL FUNCTION =PRODUCT (A1:B1)





EXAMPLE- training microcycle

Load= Volume x Intensity

LOAD MONITORING

W	ORKLOAD) MONITOF	RING	LL	RPE1				RPE2			О	ONTROL
DATE 团	WEEK 🗾	ATHLETE 🛃	SEX 🖛	ATEG 🔄 🖃	SESSION 💌	RPE 💽	MIN 💌	TL 💽	SESSION2	RPE 2 💌	MIN2 💽	TL 2 💽	DAY LOAD 🔄
14/9/2020	11 Week	XieYadong	MALE	90	REST	0	0	0	SPECIFIC	7	145	1015	1015
15/9/2020	11 Week	XieYadong	MALE	90	TRIP	0	120	0	SPECIFIC	6	120	720	720
16/9/2020	11 Week	XieYadong	MALE	90	SPECIFIC	5	120	600	STRENGTH	3	70	210	810
17/9/2020	11 Week	XieYadong	MALE	90	SPECIFIC	5	120	600	REST	0	0	0	600
18/9/2020	11 Week	XieYadong	MALE	90	STRENGTH	3	90	270	SPECIFIC	5	120	600	870
19/9/2020	11 Week	XieYadong	MALE	90	SPECIFIC	4	90	360	REST	0	0	0	360
20/9/2020	11 Week	XieYadong	MALE	90	REST	0	0	0	REST	0	0	0	0

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23.00.0000 B B Maximus Conversit Addition Kombass 27 In (2 Komba Bonder Tables 1 Addition (2 Komba Bonder (2 Komba Bonder) (2	15.10.1000 R H Share at Shiring at Shiring at Andar Tit Shiring at pate 17 This sate pate 17	DESERVATION provide particip provide particip provide participation provide participation provide provided (NDA) participation (NDA)	A	15.00 JUDO RA Marci up Unitari Inge Unitari Inge Ar Gital Tata unu-parte 27	an A	(#B

XieYadong	90	MALE		0	0
	2020-09-14		1015		1015
	2020-09-15		720		720
1	2020-09-16		810		965
-	2020-09-17		600		600
	2020-09-18		870		975
	2020-09-19		360		405
	2020-09-20		0		-
WEEK LOAD	% DIF WK			AVG	WL CAT
4375	-2,67%			4	680



Monotony index=

x load microc /standard desviation microcycle

Training monotony refers to the similarity of daily training. In practical terms, this is a statistical representation of how much your training stimulus is varying over time.

High training load with high monotony index (>2) could be an important risk factor of injury and overtraining.

HIGH TRAINING LOAD- HIGH MONOTONY INDEX!!!



Monitoring training in athletes with reference to overtraining syndrome



Article

Weekly Variations in the Workload of Turkish National Youth Wrestlers: A Season of Complete Preparation

Hadi Nobari ^{1,2,3,*}, Rui Silva ⁴, Filipe Manuel Clemente ^{4,5}, Zeki Akyildiz ⁶, Luca Paolo Ardigò ^{7,*,†} and Jorge Pérez-Gómez ^{3,†}









Load= Volume x Intensity



XieYadong	90	MALE		0	0
	2020-09-14		1015		1015
	2020-09-15		720		720
1.0.0	2020-09-16		810		965
A	2020-09-17		600		600
	2020-09-18		870		975
	2020-09-19		360		405
	2020-09-20		0		-
WEEK LOAD	% DIF WK			AVG	WL CAT
4375	-2,67%			4	680







1,0

EXAMPLE- training microcycle

Monotony index = x average microcycle load /Standard desviation microcycle training load

LOAD MONITORING

W	ORKLOAE) MONITOR	ING	11	RPE1				RPE2				CONTROL
DATE 团	WEEK 团	ATHLETE 团	SEX	ATEG	SESSION 💌	RPE 💌	MIN 💌	T	SESSION2	RPE 2 💽	MIN2 💌	тіэ	T DAY LOAD
14/9/2020	11 Week	XieYadong	MALE	90	REST	0	0	0	SPECIFIC	7	145	1015	1015
15/9/2020	11 Week	XieYadong	MALE	90	TRIP	0	120	0	SPECIFIC	6	120	720	720
16/9/2020	11 Week	XieYadong	MALE	90	SPECIFIC	5	120	600	STRENGTH	3	70	210	810
17/9/2020	11 Week	XieYadong	MALE	90	SPECIFIC	5	120	600	REST	0	0	0	600
18/9/2020	11 Week	XieYadong	MALE	90	STRENGTH	3	90	270	SPECIFIC	5	120	600	870
19/9/2020	11 Week	XieYadong	MALE	90	SPECIFIC	4	90	360	REST	0	0	0	360
20/9/2020	11 Week	XieYadong	MALE	90	REST	0	0	0	REST	0	0	0	0

1,5

EXCEL FUNCTION: AVERAGE: STANDART DESVIATION:

1.1

= 486,11 = 305,88 MONOTONY INDEX: 1,58

1,6

1,7

1,8









Tibana et alk. (2019)



TRAINING LOAD VARIABILITY 負荷の変動性

- This value will give us information about how is the training load compared with the previous week.
- Several researches has suggested that high increases in weekly training load can increase the risk of injury.
- Monitorization of weekly training variability can help us to prevent injuries and control progression of training load.

	XieYadong	90	MALE	0	0
		2020-09-07	600		600
		2020-09-08	720		1020
		2020-09-09	975		578
	-	2020-09-10	1020		950
		2020-09-11	780		990
		2020-09-12	400		450
		2020-09-13	0		-
	WEEK LOAD	% DIF WK		AVG WL	CAT
	4495	10,30%		4588	
XieYadong	90	MA	LE O		0
	2020-09-14		1015		1015
	2020-09-15		720		720
11	2020-09-16		810		965
100	2020-09-17		600		600
	2020-09-18		870		975
	2020-09-19		360		405
	2020-09-20		0		-
WEEK LOAD	% DIF WK			AVG WL CA	АТ
4375	-2,67%			4680	
	XieYadong	90	MALE	0	0

XieY	'adong	90	MALE		0	0
1		2020-09-21		315		315
6	accellant.	2020-09-22		630		525
		2020-09-23		765		518
	100	2020-09-24		735		525
	2-	2020-09-25		540		630
11/11	4	2020-09-26		840		720
18E	V/	2020-09-27		0		-
WEE	K LOAD	% DIF WK			AVG	WLCAT
3	825	-12,57%				3233





TRAINING LOAD VARIABILITY 負荷の変動性

Variations of load within and between weeks, and their relationships with the load distribution can be extremely important in determining the effects of training on a player's performance and, most of all, to understand the impact of training strategies on the adaptations of players. This knowledge could help coaches to know the training loads imposed on each microcycle and to design appropriate training tasks in order to ensure the specific soccer demands (Clemente et at. 2017).



ALL MADE AND A POST OF A Variations of training load, monotony, and strain and dose-response relationships with maximal aerobic speed, maximal oxygen uptake, and isokinetic strength in professional soccer players

ips Monuel Chemarks^{1,2}, Cain Clark¹⁰, Bacial Caettino,¹⁰, Roge Samuel to Manuals". Thereas Researces". Bod Knowlide

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· Their Arbon commond stands of the series last with the design of

Abstract

The study atment to identify calculates in asserty transmissed, transmission, exceptions, and then reprint arrests a 10-seats period (Burrig Kolb, pre- and in season phases), and to analyze The data-response treatment price between training markers and maximal service speed MAS: maximal payter-splate, and activate smorph. Twenty sever professional soc assess (b) incluines and were monitored across the 10 years parted using plater pretoring sustent unde. Playets were also kelled for insuimal antible spared, mailmal pages gibake, and landstradic strategib lashing and after 10 agains of harring. Large position comes toris were found between sum of training total and extension peak torque in the right losse and in which we want to a well and the sole approximation of the operation of the 0.07. (0.00.01.140). It was observed that loading measures Kuthasted across the partial of Pa puty and that the cost was thereingh dy associated with changes in the fitness status of departs. However, these trapitules of considerer area shall to large, augusting the extensions in thread boot control for excitations experiment by the auto-modeled fault and the incontin-

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O'PLOS ONE

1. Introduction

Describing training is a contener-practice conducted in preferenced spirits teams. On elevel which we to determine the control and internal likel improved on players forwagh tracking and to determine the scan and long term implications of terming \$1.25 Training



PERCEIVED TRAINING LOAD VS PLANNED TRAINING LOAD 自覚トレーニング負荷と計画トレーニング負荷

Is interesting to know how is the training load perceived compared with the training load planned by the coaches.



XieYadong	90	MALE	0	0
	2020-09-14	1015		1015
	2020-09-15	720		720
19.61	2020-09-16	810		965
	2020-09-17	600		600
	2020-09-18	870		975
	2020-09-19	360		405
	2020-09-20	0		-
WEEK LOAD	% DIF WK		AVG V	NL CAT
4375	-2,67%		46	580





PERCEIVED TRAINING LOAD VS PLANNED TRAINING LOAD 自覚トレーニング負荷と計画トレーニング負荷

Training Load Monitoring in Judo: Comparison Between the Training Load Intensity Planned by the Coach and the Intensity Experienced by the Athlete



	RPE Coach	RPE Athletes (n = 5)	Pre [Lactate] (n = 5)	Post (Lactate (n = 5)
Session 1	4	6.0 ± 0.7	2.8 ± 0.4	7.8 ± 2.3*
Session 2	3	7.6±0.5	3.0 ± 0.7	7.3 ± 2.7*
Session 3	5	5.8 ± 1.6	2.8 ± 0.2	5.4 ± 2.1#
Session 4	3	7.0 ± 0.7	2.7 ± 0.3	7.2 ± 2.6*



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-	

- They found important diferences between perceived load and planned load by coaches.
- These diferences can make the athlete dont achieve the desire level.
- Is important to add other datas like physical tests, wellnesss questionnaires and byochemical parameters.



XieYadong	90	MALE	0	0
	2020-09-14	1015		1015
	2020-09-15	720		720
	2020-09-16	810		965
-9-	2020-09-17	600		600
	2020-09-18	870		975
	2020-09-19	360		405
	2020-09-20	0		-
WEEK LOAD	% DIF WK		AVG \	NL CAT
4375	-2,67%		46	580



Fatigue index (strain) = (x training load) x (MI)

LOAD MONITORING

W	ORKLOAD) MONITOF	NG	11	RPE1				RPE2				CONTROL
DATE 耳	WEEK 团	ATHLETE 耳	SEX	ATEG	SESSION 💽	RPE 💌	MIN 💌	TL	SESSION2	RPE 2	MIN2 💽	TL 2	💌 DAY LOAD 🔄
14/9/2020	11 Week	XieYadong	MALE	90	REST	0	0	0	SPECIFIC	7	145	1015	1015
15/9/2020	11 Week	XieYadong	MALE	90	TRIP	0	120	0	SPECIFIC	6	120	720	720
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17/9/2020	11 Week	XieYadong	MALE	90	SPECIFIC	5	120	600	REST	0	0	0	600
18/9/2020	11 Week	XieYadong	MALE	90	STRENGTH	3	90	270	SPECIFIC	5	120	600	870
19/9/2020	11 Week	XieYadong	MALE	90	SPECIFIC	4	90	360	REST	0	0	0	360
20/9/2020	11 Week	XieYadong	MALE	90	REST	0	0	0	REST	0	0	0	0



COMANDO EXCEL: PRODUCTO <u>ACUTE FATIGUE INDEX</u>

Average weekly training load (486,11) x Monotony index (1,58) = 722,5



XieYadong	90	MALE	0	
-	2020-06-24	840		960
Contract of the	2020-06-25	660		810
(ee)	2020-06-26	420		600
1000	1020-08-27	360		740
	2020-06-28	0		
	1020-08-29	240		315
	1020-08-30	135		248
WEEKLOAD	N DIF WIK		AVGWL	CAT
2655	-40,47%		3673	9

MALE . 90 ٠ 2020-08-31 2020-09-01 460 2020-09-02 700 1020-09-09 300 400 1020-00-04 585 1020-09-05 540 1020-00-06 AVG WL CAT N DIF WK 2200 -17,14%2685



XieYadong	90	MALE	0)
	2020-09-14	1	.015	10	15
	2020-09-15		720	72	20
le el	2020-09-16	8	310	96	55
100	2020-09-17	e	500	60	00
	2020-09-18	8	370	97	75
	2020-09-19		360	40)5
	2020-09-20		0		
WEEK LOAD	% DIF WK		A	VG WL CAT	
4375	-2,67%			4680	

ACUTE-CHRONIC WORKLOAD RATIO

 XieVadong	90	MALE	0	0
Ale Fadolig	2020-09-14	1015	U	1015
1999	2020-00-14	720		720
00	2020-09-13	720		720
-	2020-09-16	018		905
	2020-09-17	600		600
	2020-09-18	870		975
	2020-09-19	360		405
	2020-09-20	0		-
WEEK LOAD	% DIF WK		AVG	WL CAT
4375	-2,67%			4680





杭州亚运会还有 目标日: 2022-9-11 星期日	12	29	Days
杭州亚运会还有		129	Ŧ
巴黎奥运会还有		813	¥
2022 (05 05		



Based on Banister et al. (<u>1975</u>) fitness and fatigue model, Gabbett et al. (<u>2016</u>) introduced the concept of the **acute:chronic workload ratio (ACWR)** with acute workload hypothetically representing the fatigue component and chronic workload the fitness component of Banister's model.

The ratio itself is calculated by dividing the acute workload (fatigue) by the chronic workload (fitness).

Several researches have found the relationship between this ratio with the risk of injury. Monitoring this ratio will help us to keep the training load of our athlete in a low risk zone (0.8-1.3). When the load is to low (<0.8) or too high(> 1.5), the risk of injury is increased and the loads need to be adjusted.

	WR VALUE	<0,80	0,8-1,3	>1,5
ACWR		Under training	Optimal	Overtraining


There are two main models for calculating the ACWR, these are:

1.The Rolling Average (RA) Model

2. The Exponentially Weighted Moving Average (EWMA) Model

The main difference between these two models is the weighting that is assigned to each training day's training-load data.









TRAINING LOAD – PERFORMANCE – INJURIES



Adapted from Gabett 2016, by Gazzano (Athlete Monitoring)





Figure 2. Acute:chronic workload ratio for 38 weeks. C, minor competitions; T, transition; Open 2018 and R, major competitions. The values between 0.8 and 1.3 represent the theoretical 'safe zone' [4].

Tibana et alk. (2019)





Hamlin (2019)





Figure 1: Relationship between training load and injury rate.



Gabbet



WELLNESS QUESTIONNAIRE

The use of wellness surveys or questionnaires has grown in popularity, shown in the UEFA Elite Club Injury Study (<u>McCall et al.,</u> <u>2016</u>). FC Barcelona is also <u>on record</u> stating their use of the Hooper Scale (<u>Hooper & Mackinnon, 1995</u>) for their questionnaires, which track athletes' sleep, stress, and perceived muscle damage.











ACTICAL ICATIONS 実践的応用

1000



Long-term use



Planning the season should be based

on a review of previous season.

Managing older players in the latter stage

of their career

Understand the athlete profile season on season

Use as an education tool with our athletes.

building a history of training load.

Managing an athlete's progression from

youth team into the senior team







































Squad training load

チームのトレーニング負荷

1040												
TESTS				9				٩				Y
MICROCYCLE	8	9	10	11	12	13	14	15	16	17	18	19
TYPE MICROCYCLE	Adj	Cu	Cu	Str/Te	Cu/Re	Cu	Cu	Str	Rec/Ad	Cu	Prec	Comp
N° WEEK	8	9	10	11	12	13	14	15	16	17	18	19
SESSIONS STRENTGH per WEEK	2	3	3	3	2	2	2	2	1	2	2	1
SESSIONS ENDURANCE per WEEK	3	2	2	3	2	2	2	2	1	2	2	1
SESSIONS INJURY PREVENTION per WEEK			1	1	1				1			
JUDO SESSIONS per WEEK	5	6	6	6	6	8	8	8	6	7	7	5
SESSIONS MOBILITY/STRETC per WEEK					1				1			
THEORICAL SESSIONS per WEEK	1	1	1	1	1	1	1	1	1	1	1	1
TESTING SESSIONS				1	1				1	1		
TOTAL TRAINING SESSIONS per WEEK	11	12	13	15	12	14	14	15	12	11	11	10
COMPETITION TEST				x				1		1		
MESOCYCLE 介电体	TRANSMUTATION 1			TRANSMUTATION 2				REALIZATION				
WEEKLY TRAINING LOAD	40	49	49									
	II WINTER TRAINING CAMP											







Targeted training load 計画トレーニング負荷









Individual training load 個人トレーニング負荷





Individual training load 個人トレーニング負荷





Individual training load









選手による自覚トレーニング負荷 とコーチによる計画トレーニング 負荷の比較





Design tapering and peaking phase 試合前のテーパリング期間の設計



Le Meur et. Al, 2012







Design tapering and peaking phase 試合前のテーパリング期間の設計

Modelo de planificación	Tipo de taper	Duración del taper	Intensidad de trabajo	Reducción del volumen	Frecuencia de entreno.		
Tradicional	Exponencial caída lenta	3 semanas	Alta: 90- 100%	1ª y 2ªs: 40% 3ªs: 60%	F: 1ª y 2ªs: 2d/s; 3ªs: 1d/s T: 1ª y 2ª s: 5 d/s; 3ªs: 3-4 d/s		
ATR	Exponencial caída rápida	2 semanas	Alta: 90- 100%	1ªs: 40% 2ªs: 60%	F: 1ªs: 2 d/s; 2ªs: 1d/s T: 1ªs: 5 d/s; 2ªs: 3- 4 d/s		
Acentuada	Exponencial caída rápida	2 semanas	Alta: 90- 100%	1ª s: 40% 2ªs: 60%	F: 1ªs: 2 d/s; 2ªs: 1d/s T: 1ªs: 5 d/s; 2ªs: 3- 4 d/s		









Progression after injury 故障明けの進化





Progression after injury 故障明けの進化

































NEW SESSION

01:27:54 01:44:31 02:12:41




















Training c amp en Shandong. Buen nivel en los randoris. La planificación de ellos un poco sin sentido pero nos adaptamos. Al final sacamos 5 sesiones de randori. Lesiones: Xie con miolestias desde primer dia en hombro y luego en lumbar, no parece más que sobrecarga. Zhao lesión en el cuello el miércoles, no puede entrenar en lo que resta de semana.

























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	TEAM 团队: WEEK 周: COACH 敏练:	JUDO SHANGHAI 9-15 Aug Jizhongxia , Wuhuaian/F	SEASON 拳节: MICROCYCLE 微微环: elipe Sánchez	2021 61-strikking			~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~
	21-			复制四	星期五	星期大	复数日
0 W C 5 K 5 R 5 1 3	9.00 JUDO 柔道 Varm up	08.30 GYM 健身房 Warm up 积身 15' strength training 力量训练	09.00/10.30 JUDO 柔道 Technique 30' Anaerotic circuit 5 "randori" max intensity 代: 位	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 积身 15' strength training 力量调练	09.00 JUDO 柔道 Warm up 熱身 15 Circ training 循环训想 S x 4' GROUP 4 役技实战 2x 6' 牧防练 习 1x 3x1'(30') RANDORI TW 15' Golden score 4 x CLIMBING + CORE	REST (#.B.
11 WRU 別 の F WRU の F WRU	6 5.00 GYM 健身房 Varm up 然身 10' (chi komi bands 主力带打这 reen band (5x 20") flow band (5x 20") flow band (5x 20") flow band (5x 20") umikata 20' 抢手 ore training x 2x1' isom	3 15.00/16.00 JUDO 柔道 Warm up 招身 15 SPECIFIC training for CHINA GAMES	7 REST体息	6 15.00 GYM 健身房 Warm up 熱身 10' Running 跑步20' Uchi komi bands 弹力带打込 green band (5x 20") yellow band (5x 20") green band dyna (5x 8) Kumikata 20' 抢手 Core training x 2x1' ison	4 15.00/16.00 JUDO 柔道 Warm up 熱身 15' SPECIFIC training 伯 for CHINA GAMES	7 REST 休息	REST休息
r	3	4	0	3	4	0	0



SPECIFIC HIGH INTENSITY INTERVAL TRAINING









yakusoku geiko



nagekomi



fight for a shido



kumikata





transition newaza



kakari geiko(attack)

kakari geiko(defense) nagekomi (2 ukes)

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





































	WEEKLY PLAN SHANGHAI JUDO													
TEAM 团队:	JUDO SHANGHAI] SEASON 學节:	2021											
WEEK M:	30-05 sept	MICROCYCLE 微保环:	64-cumul		an Z									
COACH KIK :	Jizhongxia ,Wuhuaian/F	elipe Sánchez]		AT TABLE									
里期一	且期二	星期三	星期間	里期五	星期六	星期日								
REST 休息	09,00 JUDO 集通 EXPLOSIVE TRAINING ladder drils 10' UK bands 弹力带打込 Power EXERCISES: 4x 20''	REST 休息	09.00 JUDO 朱道 Warm up 热身 30 代 Randori TW-NW 位 投技实成 10 x 4' (must do 7)/1'	08.30 GYM 健身房 Warm up <i>热身</i> 15' strength training 力量训练	09.00 JUDO 朱道 Warm up 积身30 役技实战 3x1'ran+1'nw+2'KG 3x3'/1' 3x1'+GS/2'	REST # B								
0	5	0	10kulwaz x10 1x1x1x1x	4	10kulwaz x10 1x1x1x	T								
15.30 JUDO 柔道 Warm up 热身15 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'+G5/2' Tokuiwaz x10 投持技术	15.00 JUDO 柔道 Warm up 熱身 15 ⁻ SPECIFIC training 仰 for CHINA GAMES 何 circuiti training x 4 rou VIDEO competition	15.00/16.00 JUDO 柔道 Warm up 税身 15' SPECIFIC training for CHINA GAMES SPECIAL JUDO FITNESS TEST	09.00 JUDO 柔道 EXPLOSIVE TRAINING ladder drifts 10' UK bands 弹力带打込 Power EXERCISES: 3x 20''	15.00/16.00 JUDO 柔道 Warm up 熱身 15 ⁻ SPECIFIC training for CHINA GAMES tactical training	REST 体息	REST 休息								
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7	9	5	12	7	7	10 Q								











Design new training workouts トレーニング新手法の設計











[min]

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POLAR.

4 x 4'

POLAR.











LOAD																						
比賽项目						9	q	q			q			q			q		I			Y
MICROCYCLE	micro 68 19-25 april	micro 69 26-2 may	micro 70 03-09 may	micro 71 10-16 may	micro 72 17-23 may	micro 73 24-30 may	micro 74 31-06 june	micro 75 07-13 june	micro 76 14-20 june	micro 77 21-27 june	micro 78 28-04 july	micro 79 05-11 july	micro 80 12-18 july	micro 81 19-25 july	micro 82 26-01 august	micro 83 02-08 august	micro 84 09-15 august	micro 85 16-22 august	micro 86 23-29 august	micro 87 30-05 septemb	micro 88 06-12 septemb	micro 89 13-19 septemb
TYPE MICROCYCLE	Ad	Ad	Cu	Cu	Str	Re/Cu	Str	Cu	Re/Cu	Cu	Str	Cu	Cu	Str	Cu	Cu	Str	Cu/Re	Str	Cu	Prec	Co
N° WEEK	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
ESSIONS per WEEK	9	9	9	9	10	9	10	9	10	10	10	9	10	9	9	10	10	7	9	8	7	
NESOCYCLE 介电体	INTRO	DUCT	A	CUMU	ATION	1	A	CUMU	LATION	2	1	RANS	IUTAT	1	Т	RANS	IUTAT	2		REAL	ATION	









1111	TEAM 团队:	JUDO SHANGHAI	SEASON 季节:	2021	1		M	
	WEEK M:	13-19 Sept	MICROCYCLE 微量环:	66-compet		<u> </u>	1	
	COACH KUS	Jizhongxia ,Wuhuaian/F	elipe Sánchez]	Per contraction of the second	THE VERSEE		
夏期一		星翔二	星期三	星期回	星期五	星期大	夏期日	
VIAJE SHANGHAI-XIAN 2 h vuelo +3 h bus		10.00 JUDO 梁超 Warm up 旅行 15 个 YSG+NK+NW 3x1 uke right/left 3x40" uke upper right/l 3 x 30" Nagekomi	09.00 GYM Warm up 19.9 15 ' Circuito aerobico 20' Ejerciicos explosividad 3 x 8 rps medball throw uk bands 1 h	VSG 3 x 1 KUMIKATA 3 x 30" NAGE KOMI 3 x 30" 2 series, con rivales 1 y ronda 1 h	10.00 COMPETICION XIE, WU, ZHANG	10.00 COMPETICION LI PINZHENG	REST 休息	
17.00 GY Mobility Uchikomi Stretchin 30' easy ti	nM i B raining	4 REST休息	2 16.00 JUDO 柔道 Warm up 約身15 YSG+NK+NW 3x1 uke right/left 3x40" uke upper right/l 3 x 30" Nagekomi	REST休息 left 19. WEIGHT IN XIE,WU	REST 休息	REST 休息	REST 休息	















Practical applications



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MICROCYCLE	micro 68 19-25 april	micro 69 26-2 may	micro 70 03-09 may	micro 71 10-16 may	micro 72 17-23 may	micro 73 24-30 may	micro 74 31-06 june	micro 75 07-13 june	micro 76 14-20 june	micro 77 21-27 june	micro 78 28-04 july	micro 79 05-11 july	micro 80 12-18 july	micro 81 19-25 july	micro 82 26-01 august	micro 83 02-08 august	micro 84 09-15 august	micro 85 16-22 august	micro 86 23-29 august	micro 87 30-05 septemb	micro 88 06-12 septemb	micro 89 13-19 septemb
TYPE MICROCYCLE	Ad	Ad	Cu	Cu	Str	Re/Cu	Str	Cu	Re/Cu	Cu	Str	Cu	Cu	Str	Cu	Cu	Str	Cu/Re	Str	Cu	Prec	Co
N° WEEK	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
SESSIONS per WEEK	9	9	9	9	10	9	10	9	10	10	10	9	10	9	9	10	10	7	9	8	7	
MESOCYCLE 介电体	INTRO	DUCT	Α	ACUMULATION 1				ACUMULATION 2				RANS	TATU	1	TRANSMUTAT 2				REALIZATION			



MATING OF PERCENCER EXERTION (MPC)

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1242 秋、中等水平















Practical applications






筑波大学 Judotraining Load V1.0, an excel sheet to control training University of Tsukuba load and take your's team performance to the next level.

Excel JudoTraining Load V1.0. User's guide



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 insuf!cient 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 iload using this useful tool that we are developed for judo coaches.

RATING OF	PERCEIVED EXERTION (RPE)
1	Really easy 十分轻松
2	Easy 轻松
3	Moderate 一般,中等水平
4 四	Somewhat hard 有点难
5 五	Hard 困难
6 六	
, 七	Very hard 非常困难
8 八	
9 九	Extremely hard 非常,非常困难
10	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

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- **03** Make decisions according the data analysis

04 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

>>



Data calculated with JudoTraining Load V1.0



JudoTraining Load V1.0

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

01 MENU

Main sheet to access to all the worksheets

02 SETTINGS Set up your Excel sheet

03 QUICK VIEW

Check the weekly training load of your team

04 TRAINING LOAD

Training load, monotony index and fatigue strain

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05 ACWR

Check how is this ratio in your athletes

06 WELLNESS

Compare the data about sleep, muscle soreness, stress and fatigue.

07 REPORT

Calculate the differences in weekly training load

08 DATABASE

Collect and fill the daily data in this worksheet.





TRANSMICTOR MALINESS

1 1

	Judo Training Load	REPORT
	Monitoring V1.0	incrom.
TRAINING LOAD	JUDO	DATABASE
ACWR	TRAINING	

This Excel workbook contain 8 worksheets and in this sheet called MENU you can have access to all of them easily, just cliking on the different buttons.

QUICK VIEW TRAINING LOAD ACWR WELLNESS REPORT DATABASE SETTINGS



Click on this buttom to go back to this sheet MENU

16 Week 2020-10-19



2. Settings

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Solamente tienes que configuraresta hoja la primera vez utilices este archivo o cuando quieras añadir nuevos deportistas o modificar sus datos.

>>>> Añade los datos de los deportistas (nombre, sexo, peso, fechanacimiento, ...)

NAMES	507	CATEGORY	PIC	BIRTHDAY	HEIGHTCM	BODY WT MG
Cheng Yi fan	MALE	65			FIELDER F GIVE	and a second
FeiJunjun	MALE	PLUS 100				
Feng Douduo	FEMALE	57				
Jiang Junjie	MALE	66				
LiPinzheng	MALE	100				
LiXueying	FEMALE	57				
Ma Feliyu	FEMALE	57				
Pullani	FEMALE	63				
Qiu Ye Xin	MALE	PLUS 100				

ESSION KIND		ALCON.	DAX
TRENGTH	Si quieres cambiar el tipo de sesión que realizas con	WEEK	DAY
ONDITIONING	tus atletas puedes hacerto aquí, o si quieres	1 Week	2020-07-06
NDIVIDUAL	escribirtos en otro idioma.	2 Week	2020-07-13
PECIFIC		3 Week	2020-07-20
IT-SICK		4 Week	2020-07-27
(T.P.NIN		5 Week	2020-08-03
T INILIPY		6 Week	2020-08-10
	En esta columna puedes cambiar las fechas de los 🕷	7 Week	2020-08-17
ECOVERT SESS	microciclos (semanas) según tu planificación.	8 Week	2020-08-24
911510		9 Week	2020-08-31
OCTOR		10 Week	2020.08.07
D SESSION		10 Week	2020-09-07
R POST INJURY		11 Week	2020-09-14
RIP		12 Week	2020-09-21
OMPETITION		13 Week	2020-09-28
P.COMP	·	14 Week	2020-10-05
in Summe		15 Week	2020-10-12





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In this worksheet you can visualize the daily training load of all your judo athletes.

If you want to change the week just select and all data will change automatically.

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WEEK	(7)			
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	2020-08-17	174	0	1740
	2020-08-18	138	0	1380
ac	2020-08-19	65	0	650
and the second s	2020-08-20	102	0	1020
	2020-08-21	90	0	900
	2020-08-22	60	0	600
	2020-08-23	0		
WEEK LOAD	% DIF WK	Monotony Index	Fatigue Strain	AVGWLCAT
6290	18,12%	1,59	564,64	625

In this graph you also can see the *daily training load*, the *weekly training load*, the *difference of weekly training load* (%), *monotony index, fatigue strain* and the *average weekly workload* in his same weight category.



4. Training load

		WEEK	LY LOA	DING				
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In this sheet you can visualize the weekly training load, monotony index and the fatigue strain of atheltes selected and during the weeks selected.





5. ACWR

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In this sheet you can visualize the Acute and chronic fatigue ratio.

Just select the athletes and the period of time that you want to check





6. Wellness 🥙

In this sheet you can visualize the Wellnes score (sleep, fatigue, stress and muscle soreness) and also the weekly training load.

Just select which athletes and which weeks you want to see in the graph.

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In this sheet you can visualize the daily training load and the differences in weekly training load. You must select which athletes and which weeks you want to see in the graph.



WEEK 🚊 🐕	ATHLETE 3	R
1 Week	Jiang Junjie	8
2 Week	Wu Zedong	1
3 Week	XieYadong	
4 Week	ZhangZhiyuan	
5 Week	ZhouYixin	1
6 Week	Cheng Yi fan	
7 Week	FeiJunjun	
8 Week	Feng Douduo	
9 Week	LiPinzheng	1
10 Week	LiXueying	
11 Week	Ma Felyu	1
		-10

Select the athletes and the weeks that you want to visualize in the graph.



8. Database



In this sheet is where we must fill and add daily data
about RPE, duration of the session, type of session
and wellness questionnaire scores.

IMPORTANT:

All data that you add, delete or modify in this table will affect the results of all calculations in the other worksheets.

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Excel sheet















CONCLUSIONS

- Session-RPE method has been shown to be valid, reliable and very useful on the field.
- The session-RPE method might allow achieving an appropriate *TL periodization*. This might consecutively reduce the chances of overtraining or injury
- Controlling the *relation between the scheduled* and *perceived TL* of coaches and players/athletes respectively might improve performance by optimizing the TL periodization and preventing injuries and illnesses.
- For instance, application of the Session-RPE method can not only help to carefully manage the players back to full training but also to provide a valuable tool to begin investigating the *relationship between trainingload/fatigue and injuries*





CONCLUSIONS

- it would be interesting to complement the use of RPE with a "wellness index" (e.g., Hooper index or other tools). This would allow adapting the coming scheduled training session to the actual status of the athlete of that day in that particular moment.
- These various factors could somewhat alter the perception of exercise intensity
- This method take in count the *psychological aspects* and feelings of our athletes, so it will help us to know them much better.
- Monitoring training load will help us to *take decissions*.





HRV-Training





















SESSION DETAIL	کا
Name	Monday Morning Training
Start Time	01/01/22 - 18:00
End Time	01/01/22 - 19:30
Duration	1h 20m
195.00	187.0
195.00 194.50 194.00 193.6	187.0
195.00 194.50 134.00 903.5 73.59 Average	187.0
195.00 164.50 134.00 903.5 73.09 Average Max	187.0 187.0 10 170 bpm 195 bpm
195.00 194.50 194.00 103.5 73.00 Average Max Min	187.0 187.0 100 170 bpm 195 bpm 73 bpm









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