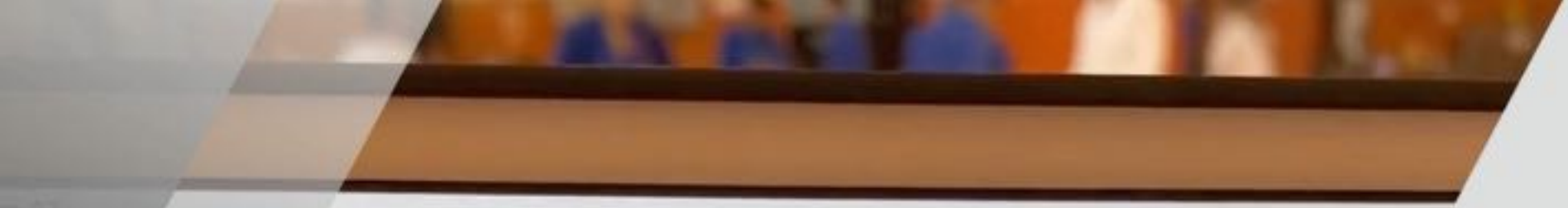

JUDO TRAINING

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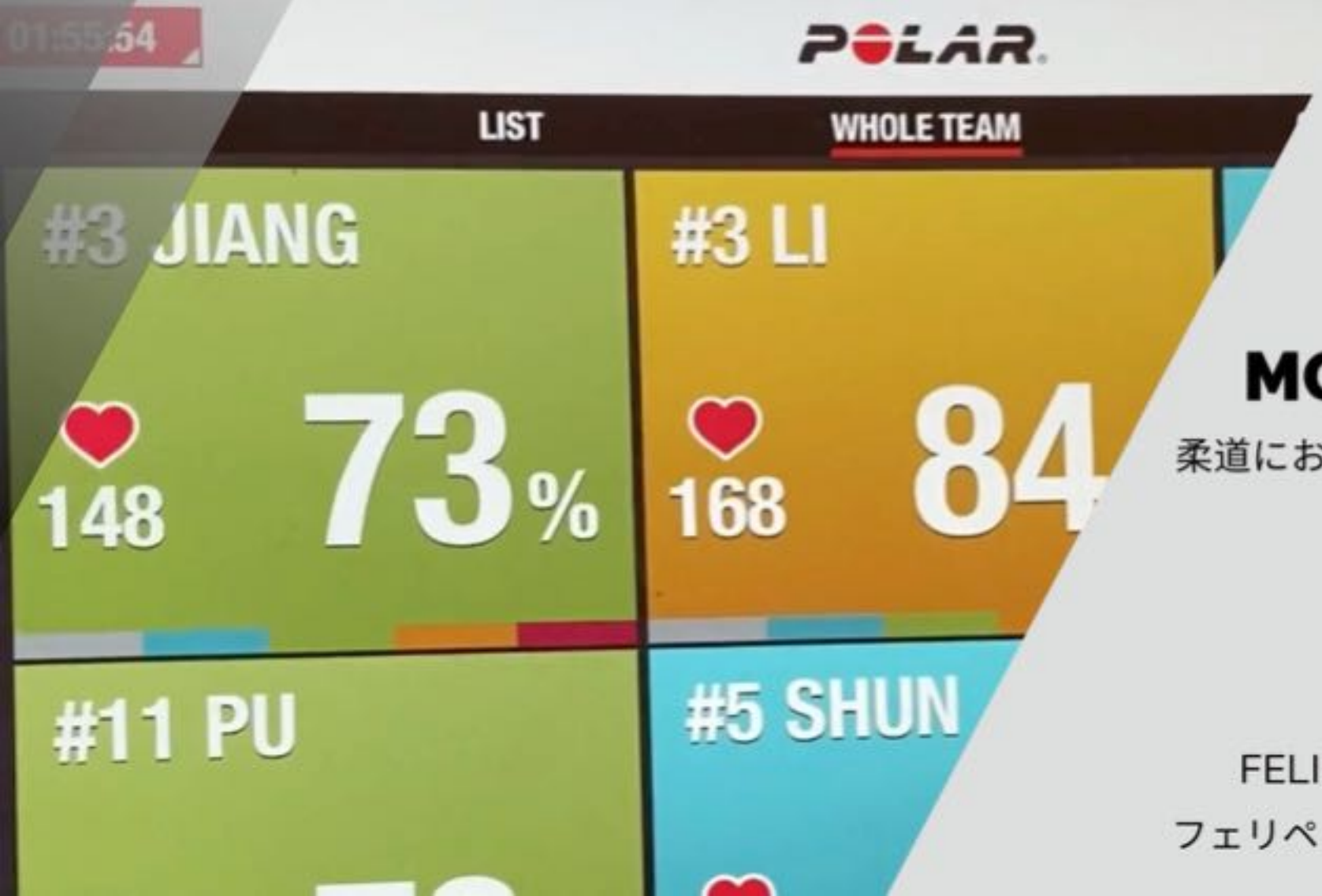

TRAINING LOAD MONITORING IN JUDO

柔道におけるトレーニング負荷のモニタリング

FELIPE SANCHEZ LLANES
フェリペ・サンチェス・リャネス

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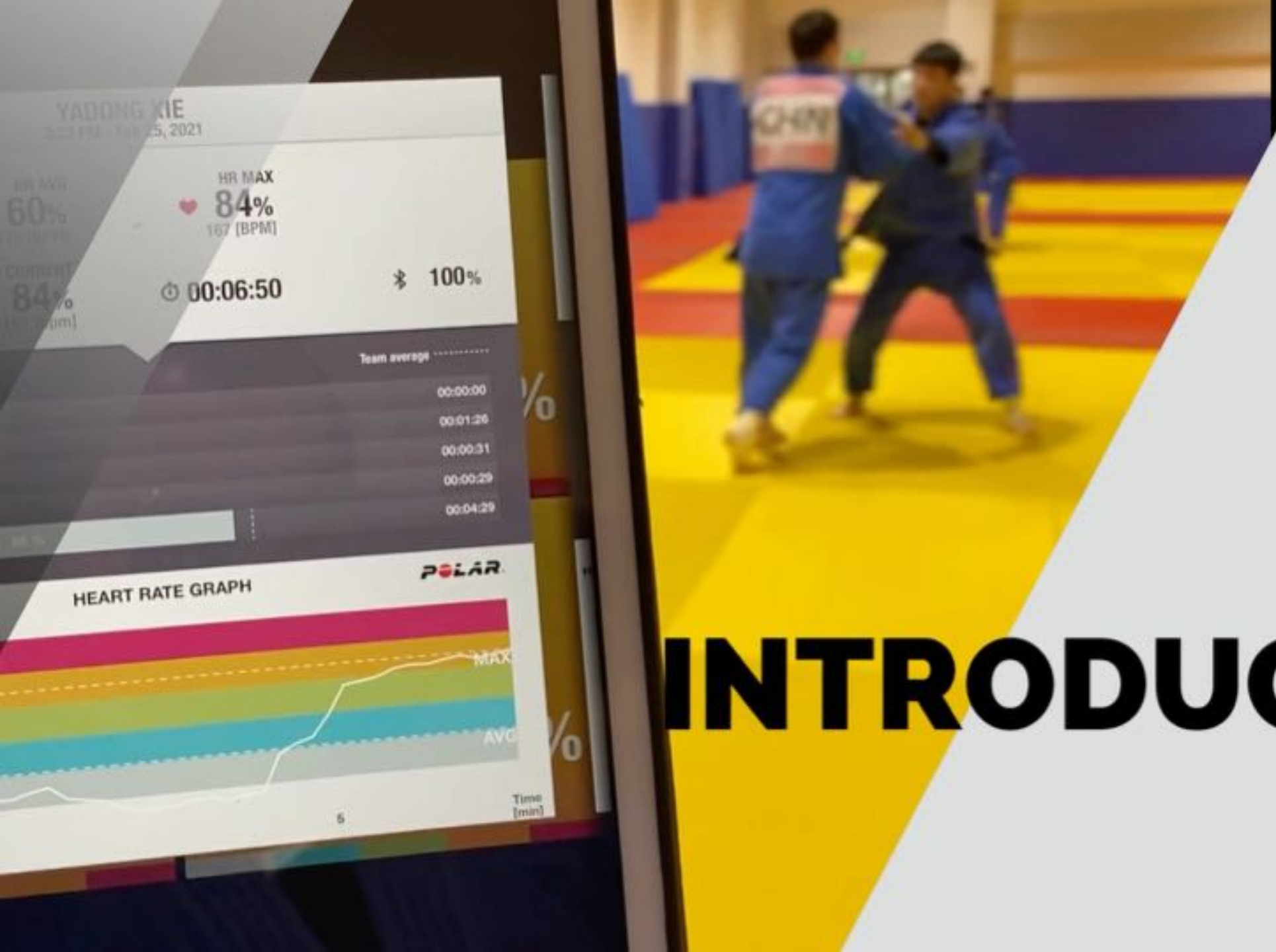
- ハイパフォーマンス修士号 (スペイン・オリンピック委員会)
- スポーツ科学博士号 (レオン大学、スペイン)
- 認定ストレングス＆コンディショニング・スペシャリスト (NSCA)

- コソボ柔道ナショナル・チーム　コーチ
- 中国柔道ナショナル・チーム　ヘッドコーチ
- 上海市エリート・スポーツ・センター　柔道ヘッド・コーチ
- 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
- 各種格闘技（柔道、レスリング、サンボ他）　トレングス＆コンディショニング・コーチ



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INTRODUCTION
序文

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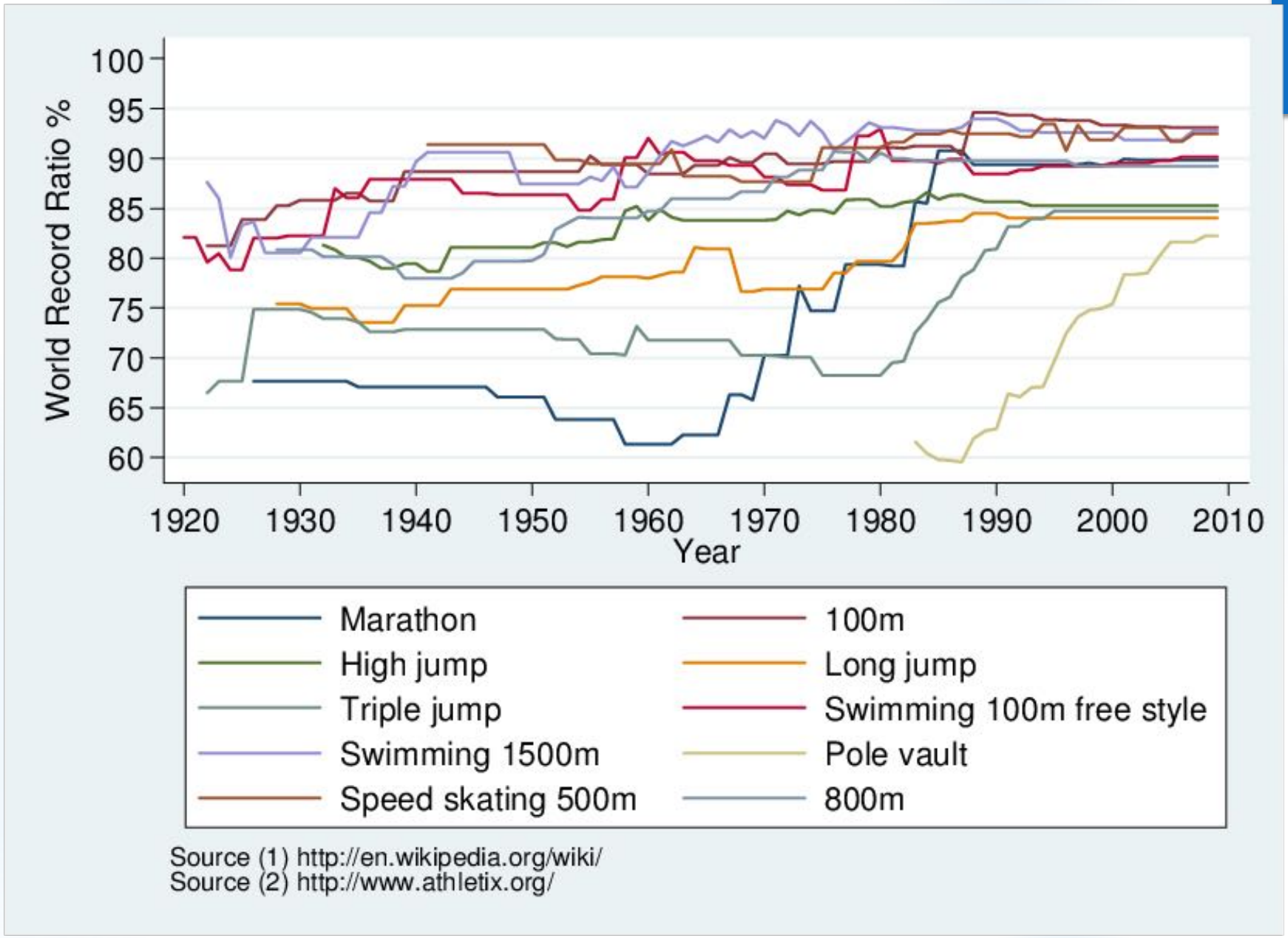

Source (1) http://en.wikipedia.org/wiki/
Source (2) http://www.athletix.org/

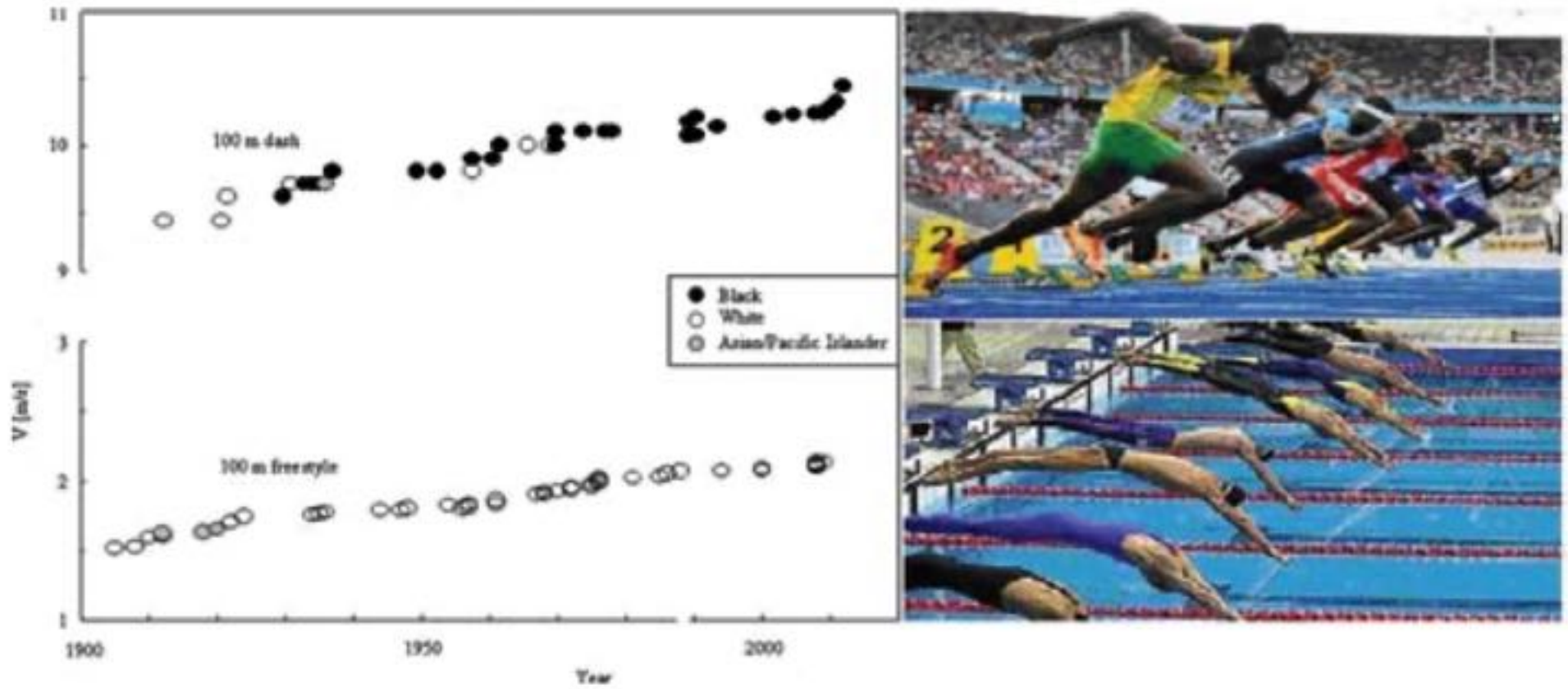

Figure 1: The evolution of men's world record speeds in running (100 m dash) and swimming (100 m freestyle) in modern athletics. The data are from Tables 1 and 2.

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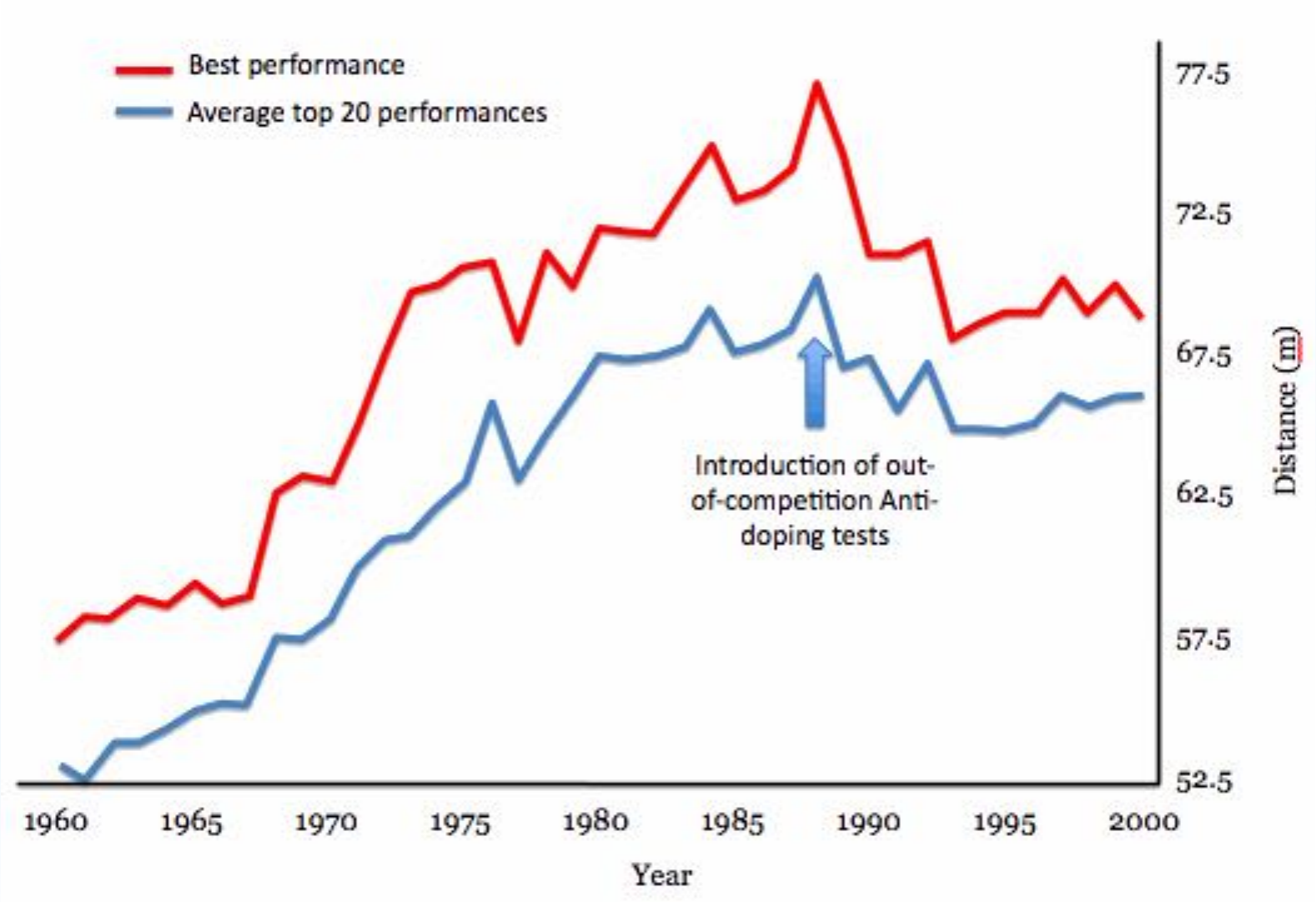
Best men's discus performance, and the average of the top 20, year by year (Schumacher et Pottgieser, 2009)



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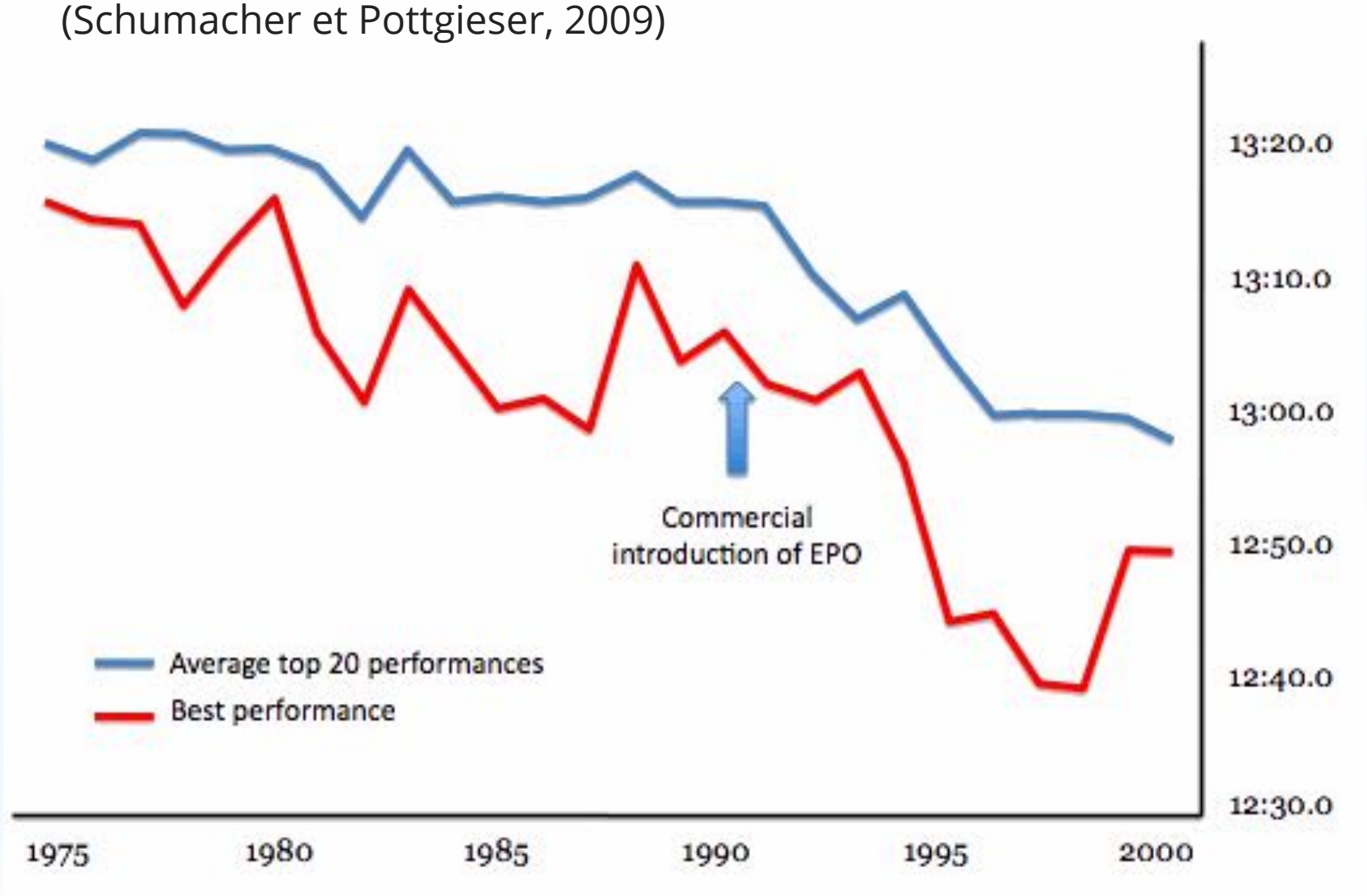
Best and top 20 average times in the men's 5,000m by year (Schumacher et Pottgieser, 2009)



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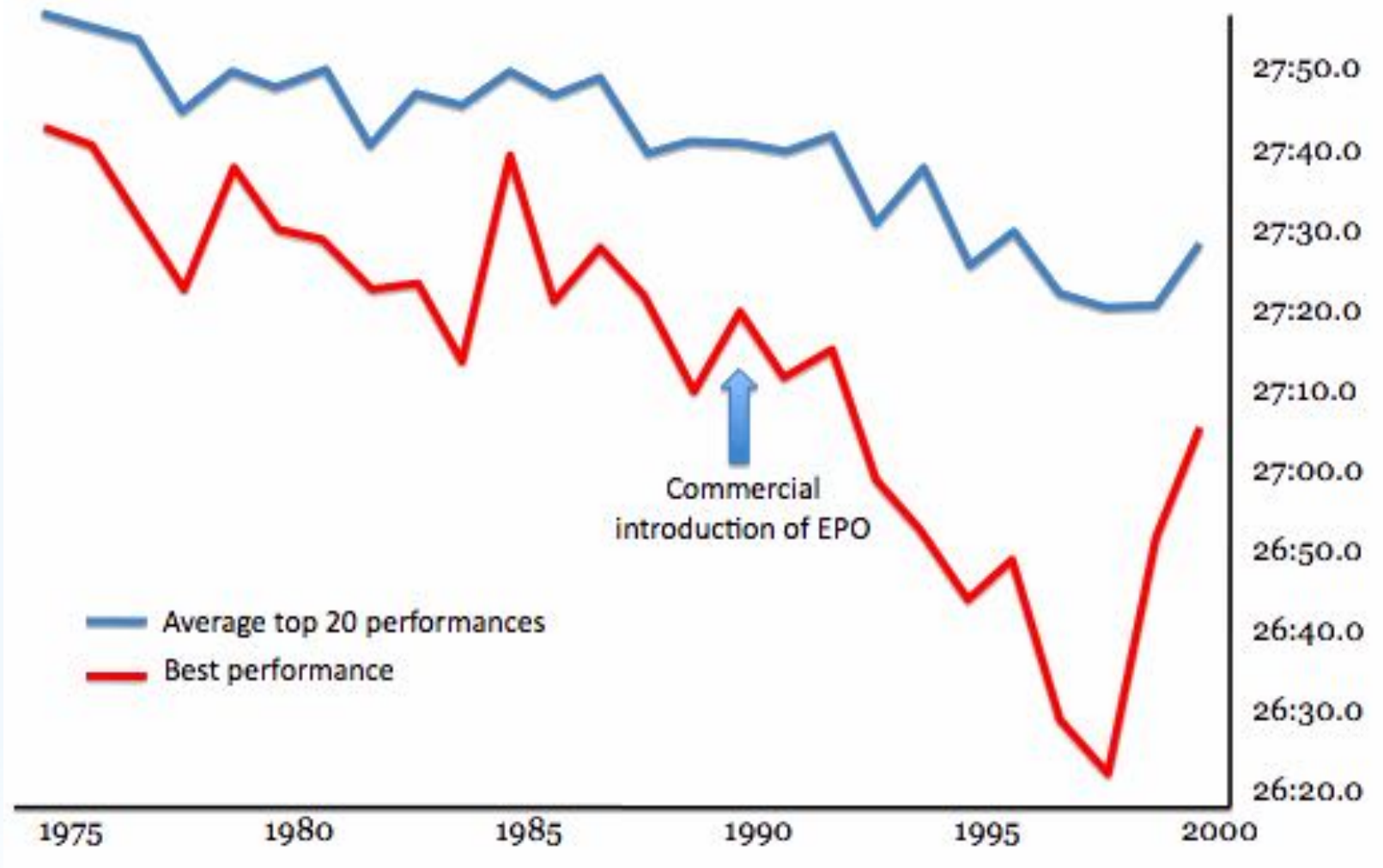
Best and top 20 average times in the men's 10,000m by year (Schumacher et Pottgieser, 2009)



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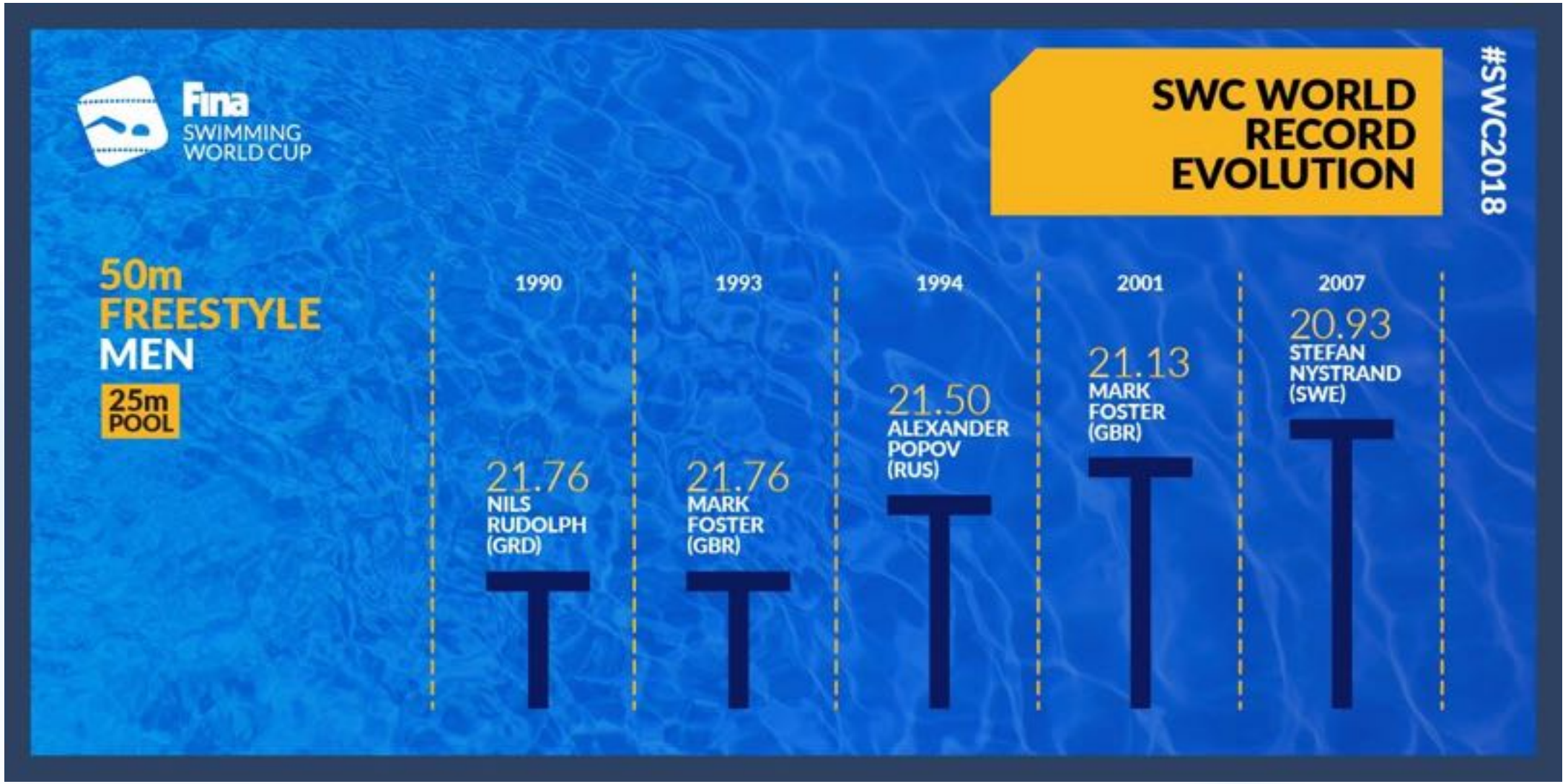

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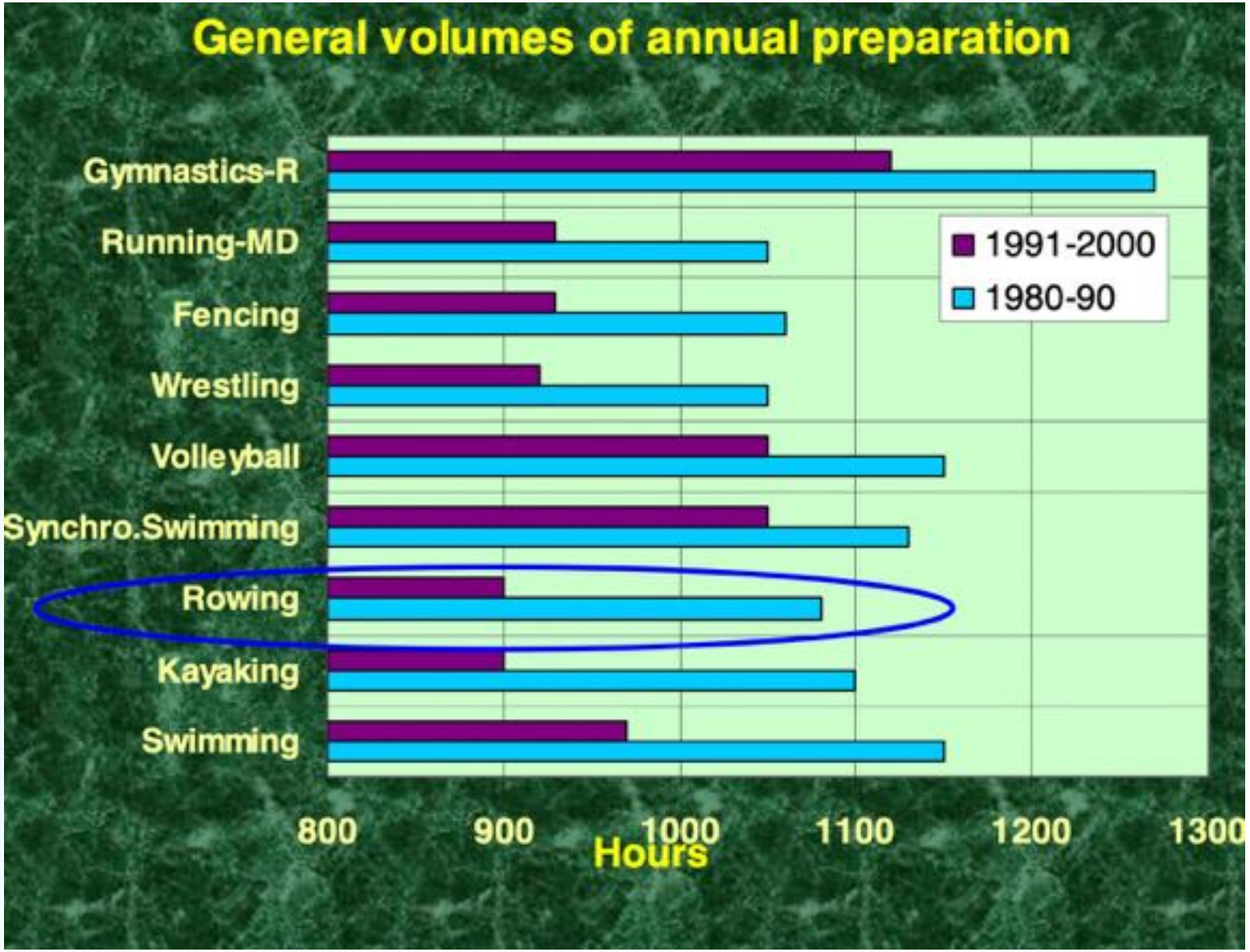

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TRAIN HARD, TRAIN SMART

トレーニング・ハード,
トレーニング・スマート

But...but how hard?

しかし...
どこまでハード?

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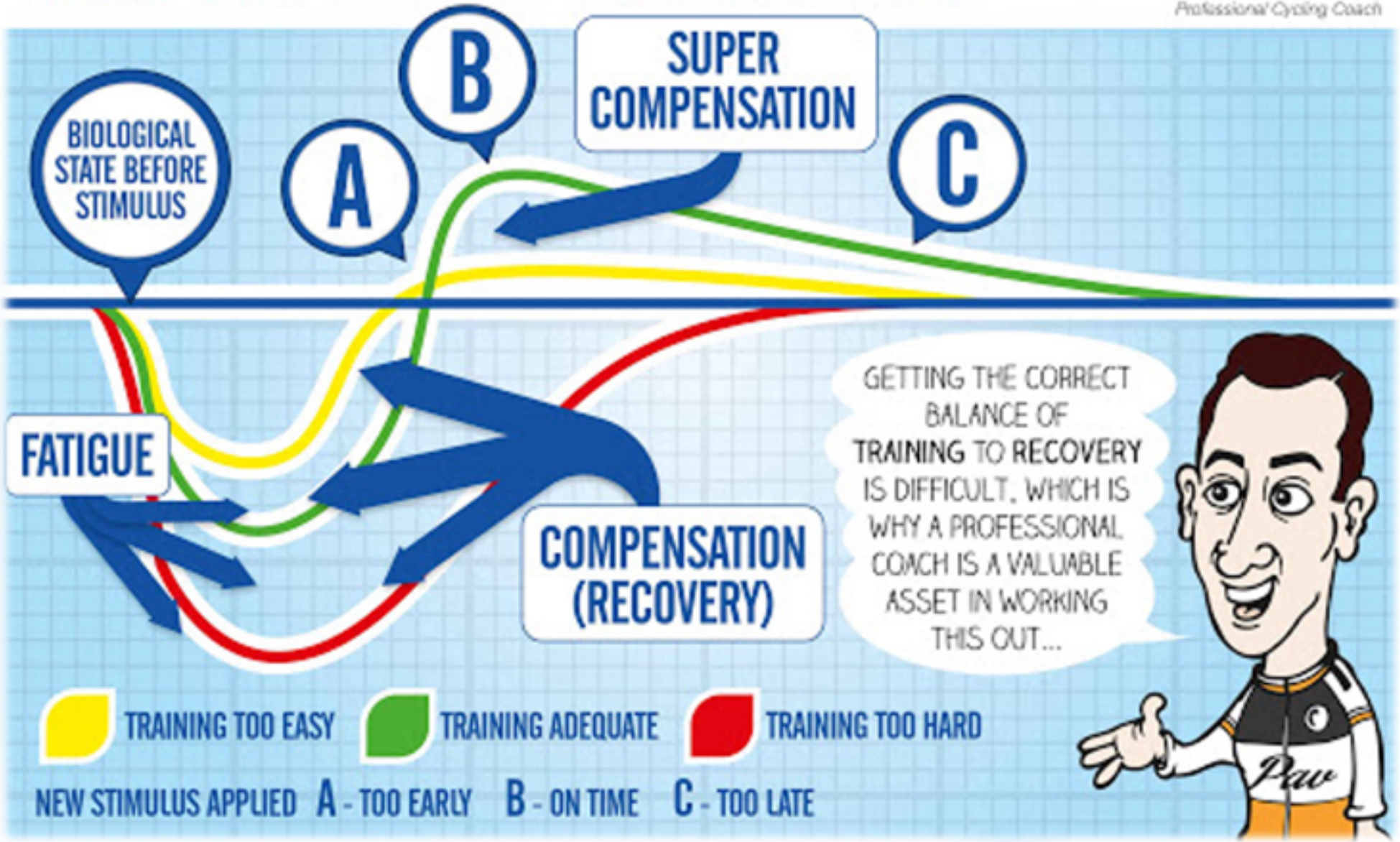
SUPER COMPENSATION

Paw Bryan
Professional Cycling Coach



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TRAINING
トレーニング

RECOVERY
回復

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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**.




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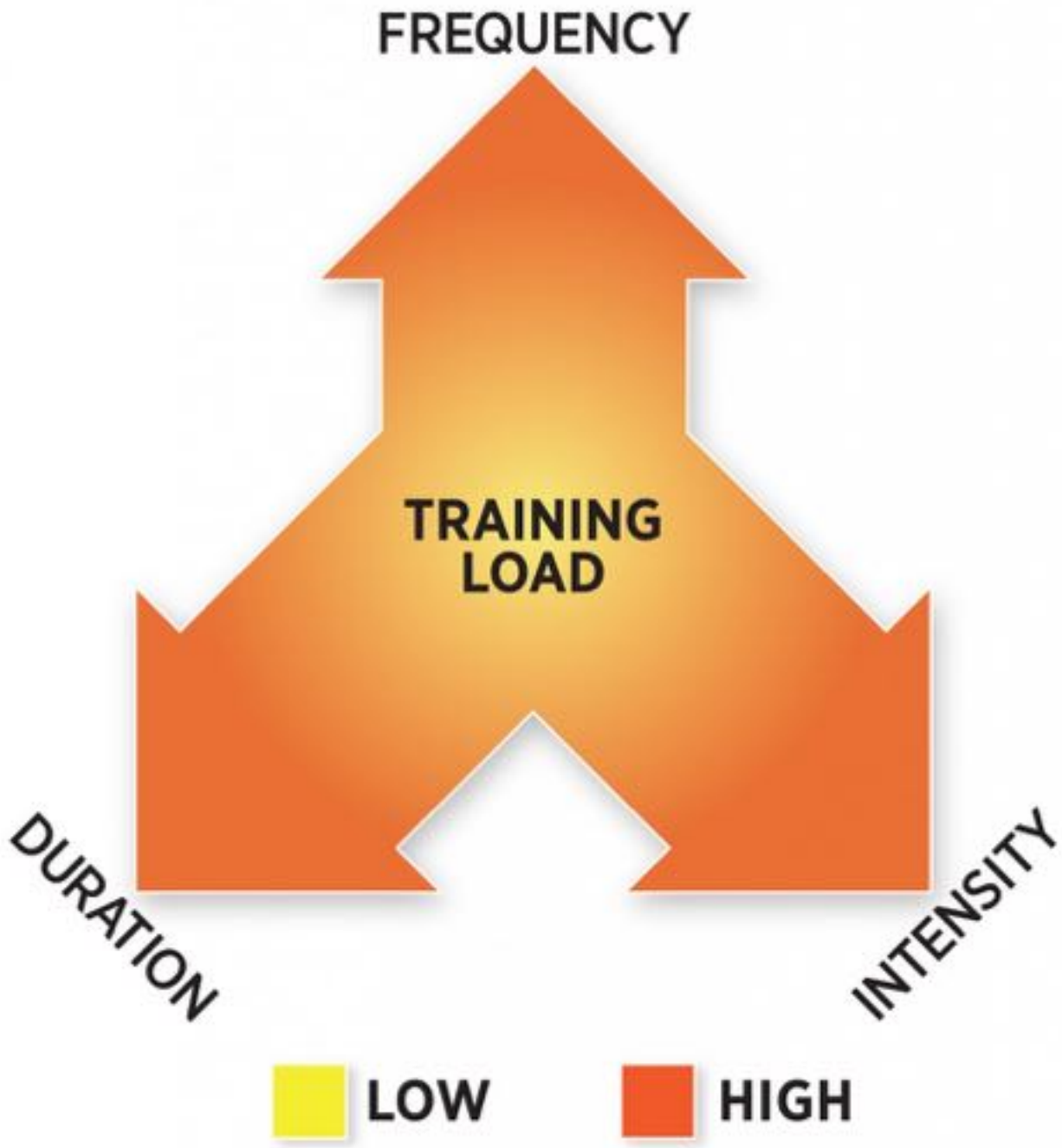

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TRAINING LOAD MONITORING
トレーニング負荷のモニタリング

Modern sports science and pioneer Tim Gabbett 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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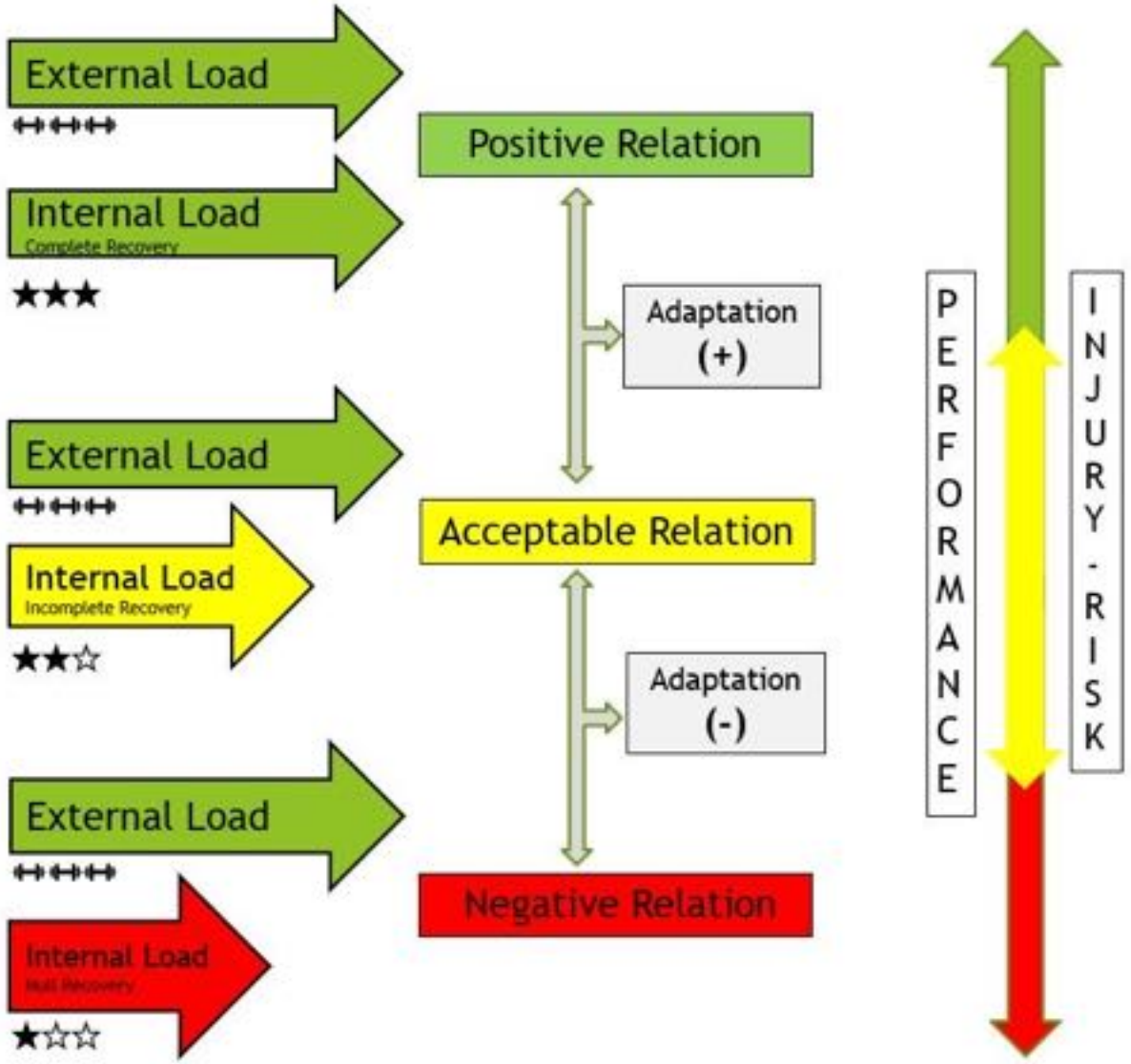

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METHOD RPE

自覚的運動強度（RPE）手法

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RATE OF PERCEIVED EXERTION (BORG SCALE)

RATING OF PERCEIVED EXERTION (RPE)

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

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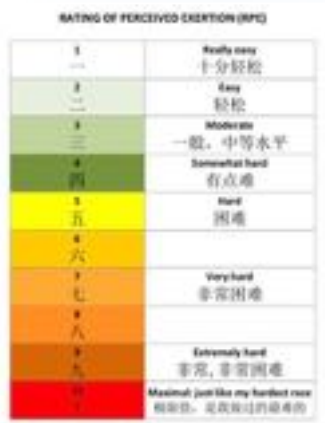
HOW TO CALCULATE THE TRAINING LOAD
トレーニング負荷の計算方法

Load= Volume x Intensity

TRAINING LOAD

VOLUME (minutes)

INTENSITY



HOW TO CALCULATE THE TRAINING LOAD
トレーニング負荷の計算方法

Load= Volume x Intensity

EXAMPLE 1 SESSION per DAY


TRAINING LOAD


VOLUME
minutes


INTENSITY

120 min x 4 = 480 UAL

Total daily training load **= 480 UAL**

EXCEL FUNCTION *=PRODUCT (A1:B1)*

HOW TO CALCULATE THE TRAINING LOAD
トレーニング負荷の計算方法

Load= Volume x Intensity

EXAMPLE 2 SESSIONS per DAY

TRAINING LOAD	VOLUME minutes		INTENSITY	
 	120	x	4	= 480 UAL
 	90	x	3	= 180 UAL
	Totaly daily training load			= 660 UAL

EXCEL FUNCTION *=PRODUCT (A1:B1)*

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HOW TO CALCULATE THE TRAINING LOAD
トレーニング負荷の計算方法

Load= Volume x Intensity

EXAMPLE– training microcycle

LOAD MONITORING

WORKLOAD MONITORING					LI	RPE 1				RPE 2				CONTROL
DATE	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

XieYadong	90	MALE	0	0
	2020-09-14	1015		1015
	2020-09-15	720		720
	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%	4680

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HOW TO CALCULATE THE TRAINING LOAD
トレーニング負荷の計算方法

Monotony index=
x load microc /standard desviation microcycle


Monitoring training in athletes with reference to overtraining syndrome

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!!!

1,0	1,1	1,2	1,3	1,4	1,5	1,6	1,7	1,8	1,9	>2,0

FUNCTION: ***AVERAGE:*** *=AVERAGE(A1:A7)*
STANDARD DEVIATION: *=STDEV(A1:A7)*

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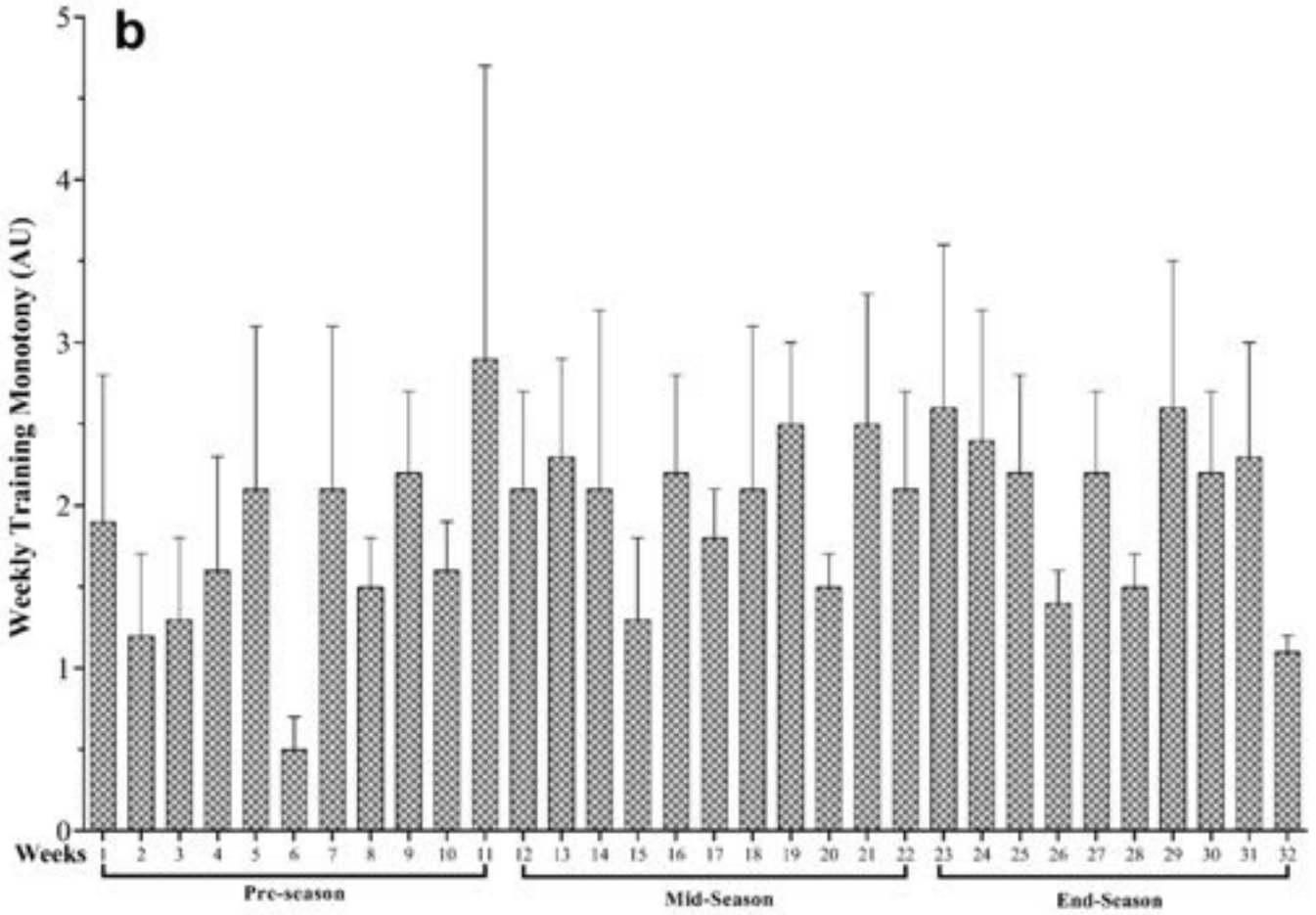
Article

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,†]



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HOW TO CALCULATE THE TRAINING LOAD
トレーニング負荷の計算方法

Load= Volume x Intensity

TRAINING LOAD | VOLUME minutes | INTENSITY

XieYadong	90	MALE	0	0
	2020-09-14	1015		1015
	2020-09-15	720		720
	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%	4680

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HOW TO CALCULATE THE TRAINING LOAD
トレーニング負荷の計算方法

EXAMPLE– training microcycle

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

LOAD MONITORING

WORKLOAD MONITORING					LI	RPE 1				RPE 2				CONTROL
DATE	WEEK	ATHLETE	SEX	ATEG		SESSION	RPE	MIN	TI	SESSION2	RPE 2	MIN2	TI 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

EXCEL FUNCTION: ***AVERAGE:*** *= 486,11*
STANDART DESVIATION: *= 305,88*

MONOTONY INDEX: ***1,58***

1,0	1,1	1,2	1,3	1,4	1,5	1,6	1,7	1,8	1,9	> 2,0

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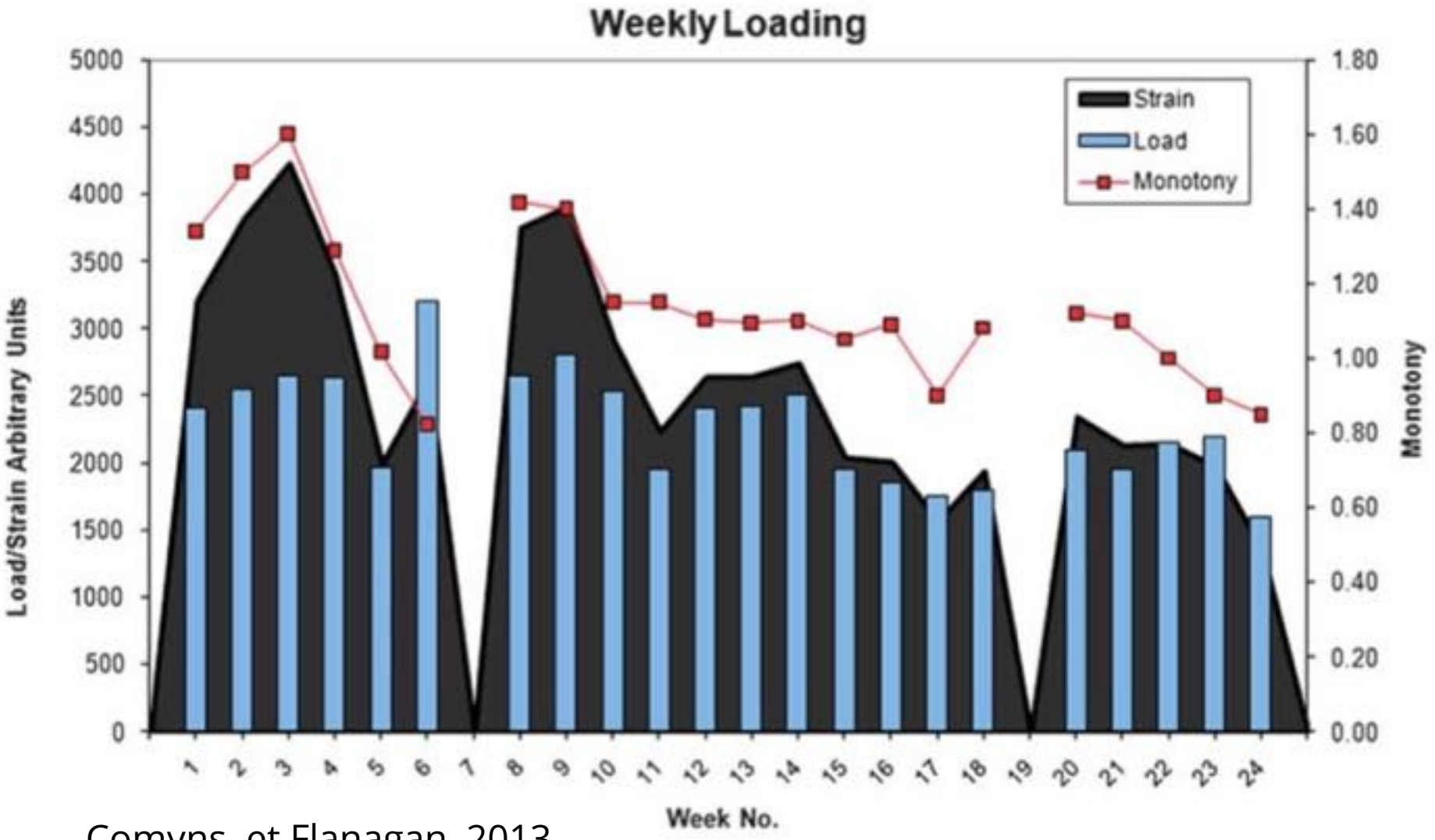

Comyns et Flanagan, 2013

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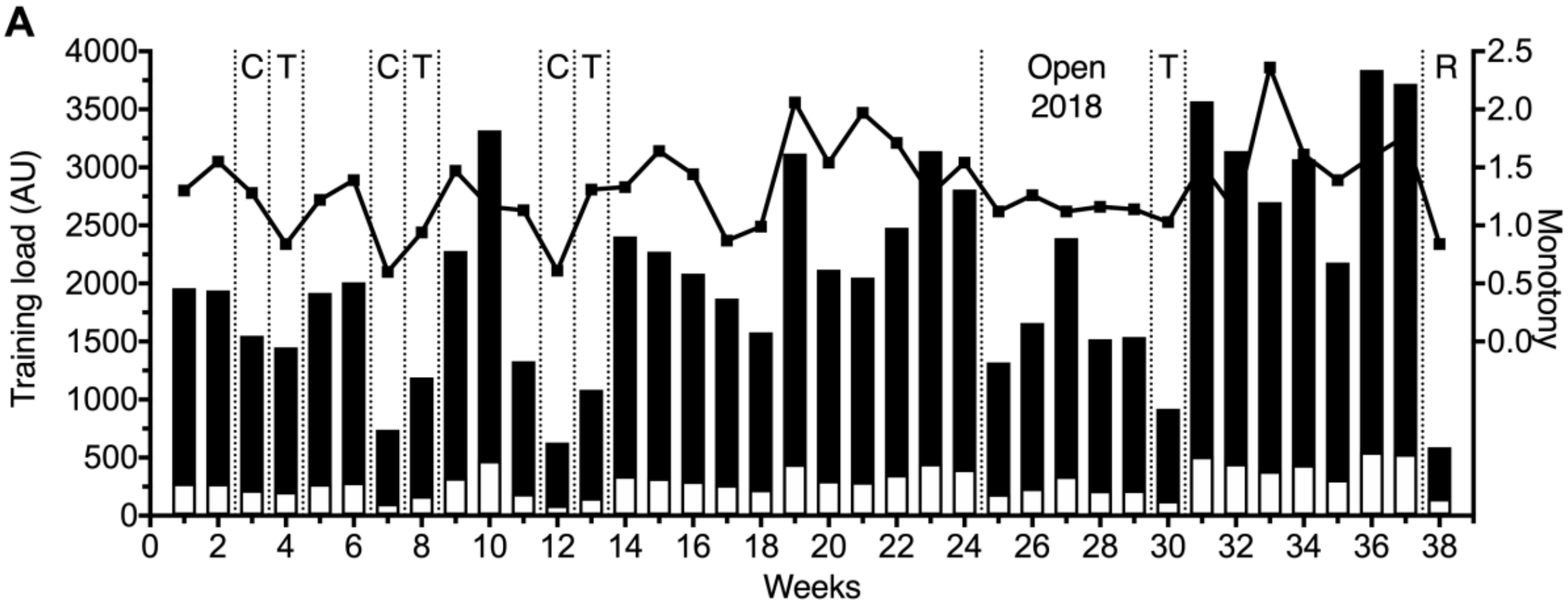
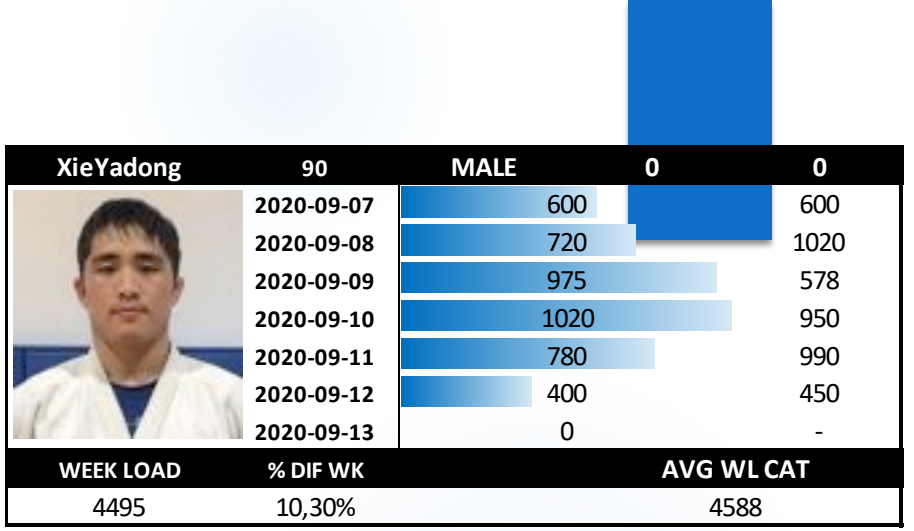


Tibana et alk. (2019)

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	MALE	0	0
	2020-09-14	1015		1015
	2020-09-15	720		720
	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%	4680

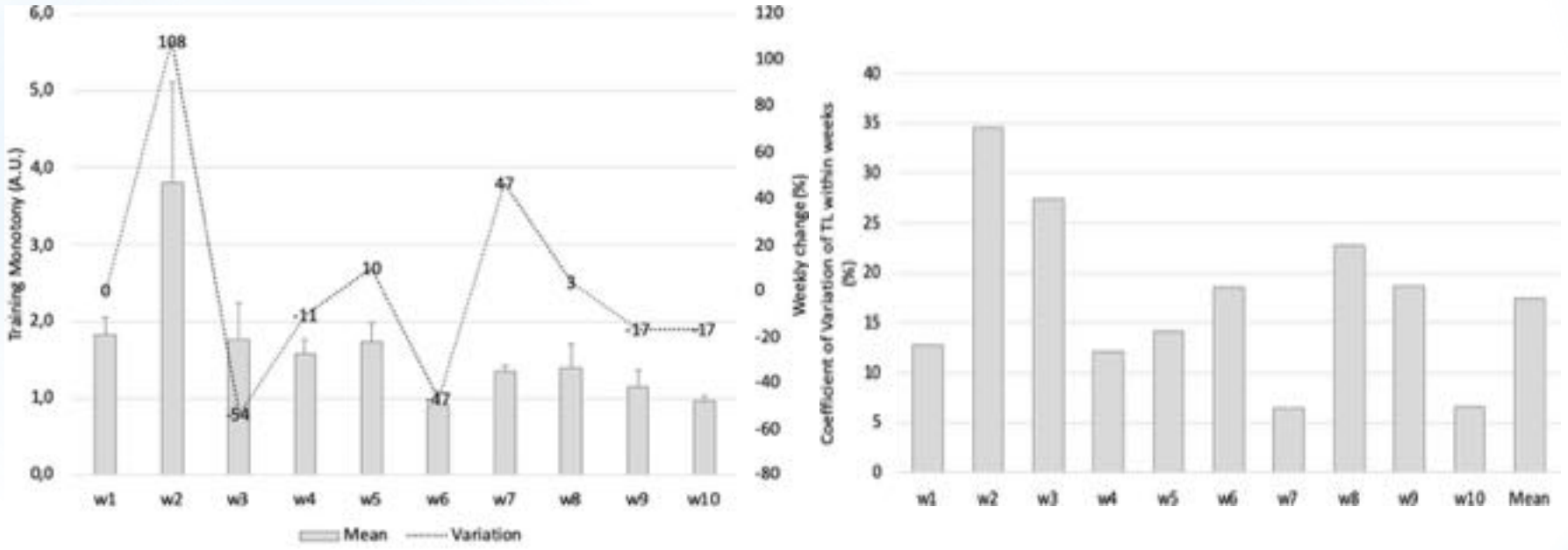
XieYadong	90	MALE	0	0
	2020-09-21	315		315
	2020-09-22	630		525
	2020-09-23	765		518
	2020-09-24	735		525
	2020-09-25	540		630
	2020-09-26	840		720
	2020-09-27	0		-

WEEK LOAD	% DIF WK	AVG WL CAT
3825	-12,57%	3233

EXCEL FUNCTION: A2-A1 percentage % 4375 – 4495= -120 **-2,67%**

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).



Clemente et al. 2019


PLOS ONE

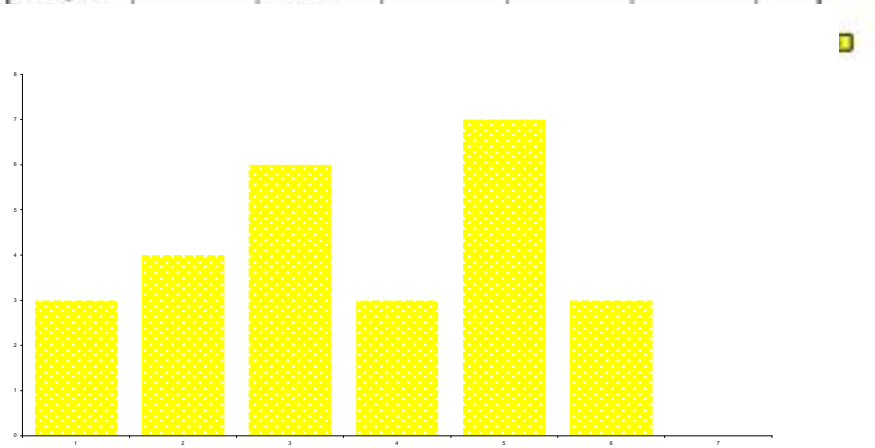
Variations of training load, monotony, and strain and dose-response relationships with maximal aerobic speed, maximal oxygen uptake, and isokinetic strength in professional soccer players

Abstract

1. Introduction

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
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	2020-09-17	600		600
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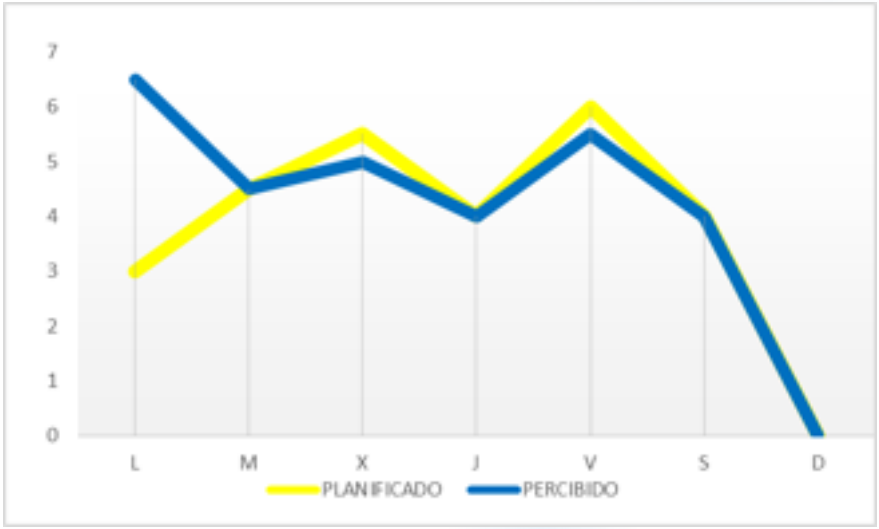
	2020-09-20	0		-
WEEK LOAD	% DIF WK			AVG WL CAT
4375	-2,67%			4680



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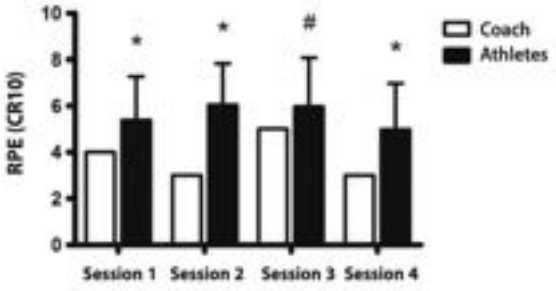
PERCEIVED TRAINING LOAD VS PLANNED TRAINING LOAD
自覚トレーニング負荷と計画トレーニング負荷

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*

*p < 0.01 concerning rest; #p < 0.05 concerning rest.

- 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.

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HOW TO CALCULATE THE TRAINING LOAD
トレーニング負荷の計算方法

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

指数

XieYadong	90	MALE	0	0
	2020-09-14	1015		1015
	2020-09-15	720		720
	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%	4680

LOAD MONITORING

WORKLOAD MONITORING					LI RPE 1				RPE 2				CONTROL
DATE	WEEK	ATHLETE	SEX	ATEGO	SESSION	RPE	MIN	TL	SESSION2	RPE 2	MIN2	TL 2	DAY LOAD
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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 *ACUTE FATIGUE INDEX*

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

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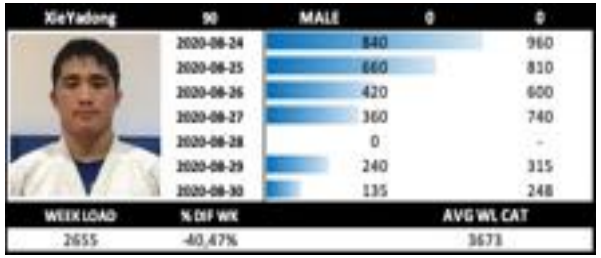
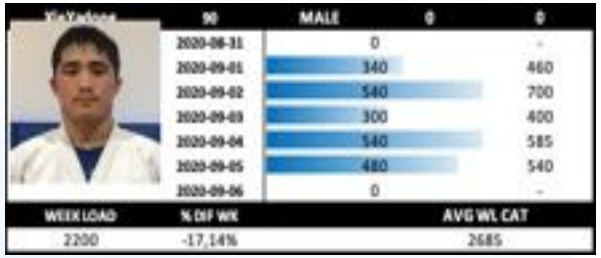
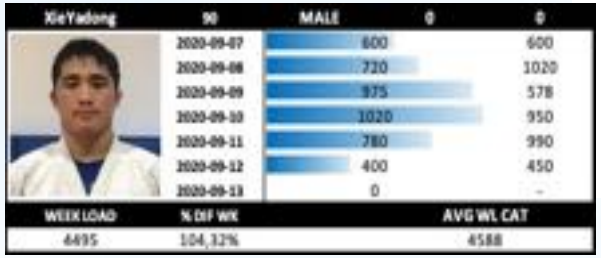
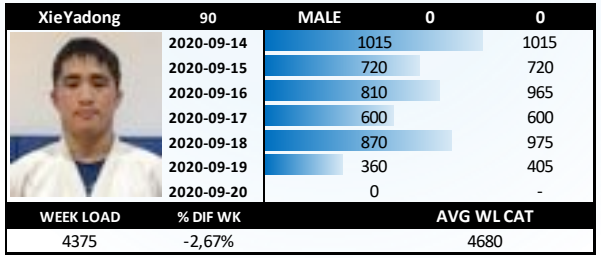
HOW TO CALCULATE THE TRAINING LOAD
トレーニング負荷の計算方法

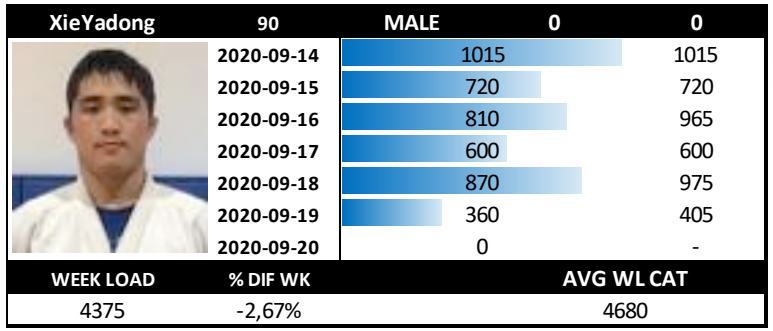








ACUTE-CHRONIC WORKLOAD RATIO



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Based on Banister et al. (1975) fitness and fatigue model, Gabbett et al. (2016) 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.

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

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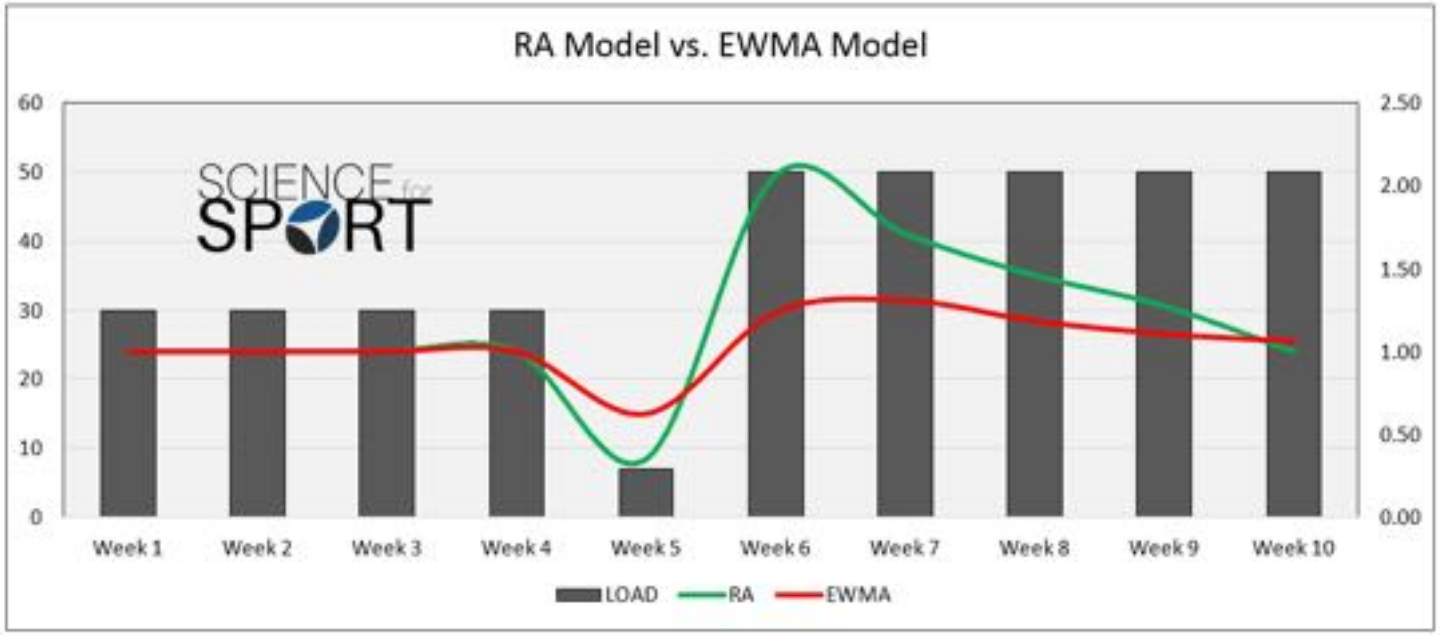
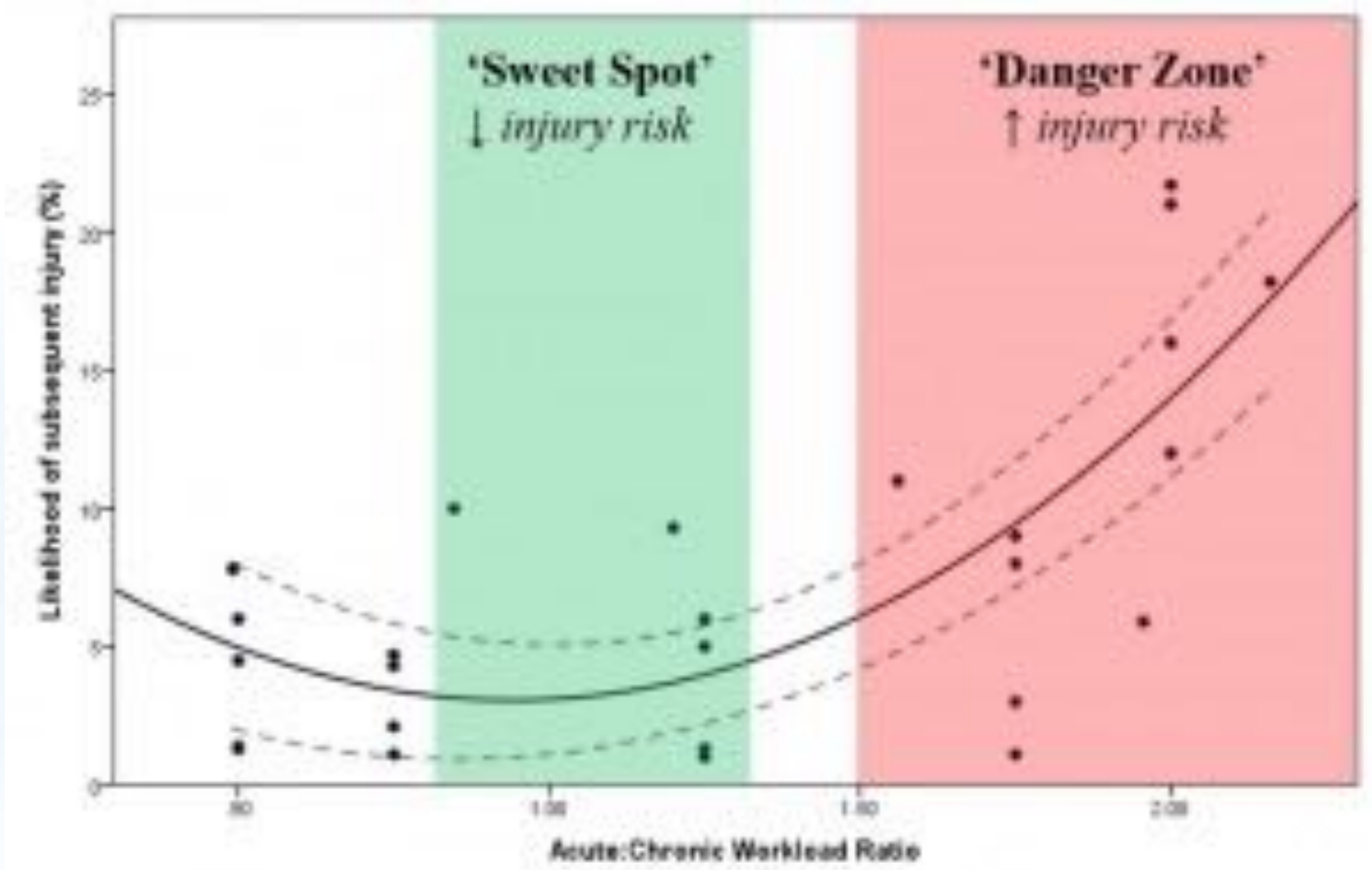
There are two main models for calculating the ACWR, these are:

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.




'Sweet Spot'
↓ injury risk
'Danger Zone'
↑ injury risk
Likelihood of subsequent injury (%)
0
5
10
15
20
25
.80
1.00
1.80
2.00
Acute:Chronic Workload Ratio

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TRAINING LOAD – PERFORMANCE – INJURIES

Adapted from Gabett 2016, by Gazzano (Athlete Monitoring)

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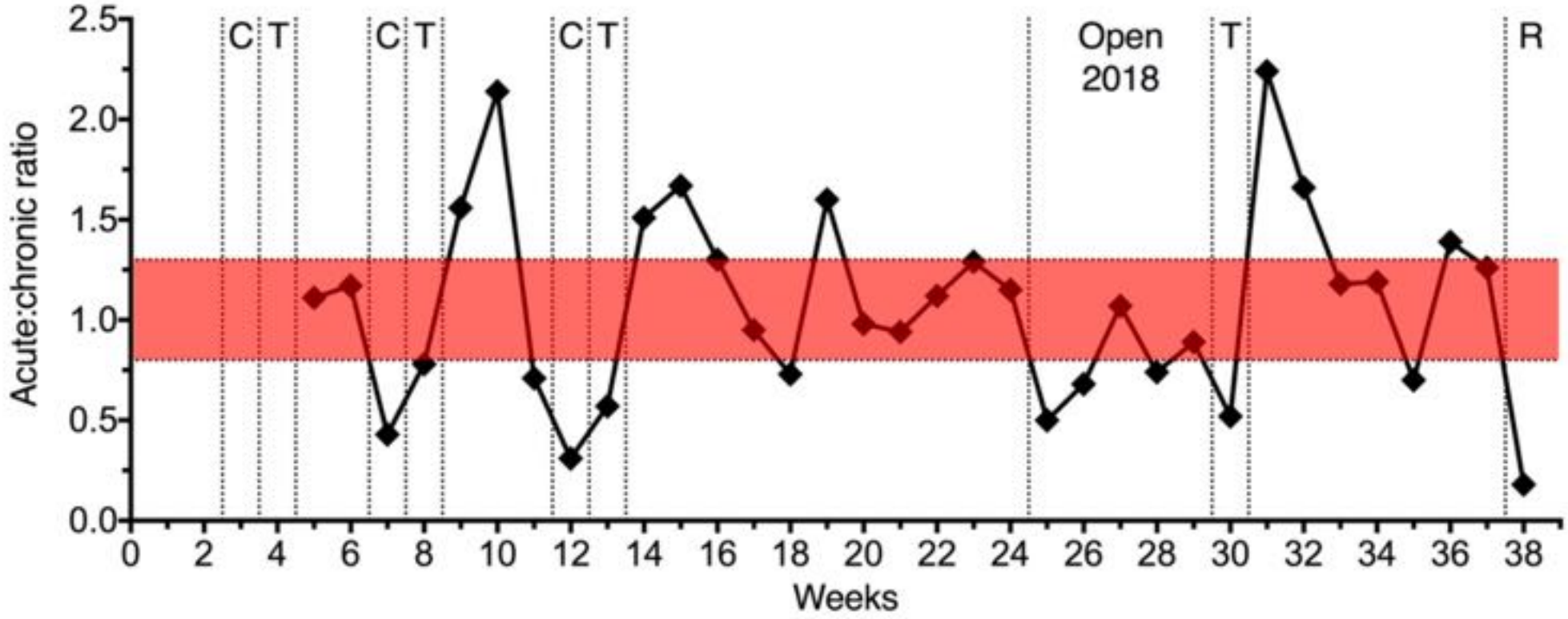

Figure 2. Acute:chronic workload ratio for 38 weeks. C, minor competitions; T, transition; Open 2018 and R, major competitions. The values between 0.8 and 1.3 represent the theoretical 'safe zone' [4].

Tibana et alk. (2019)

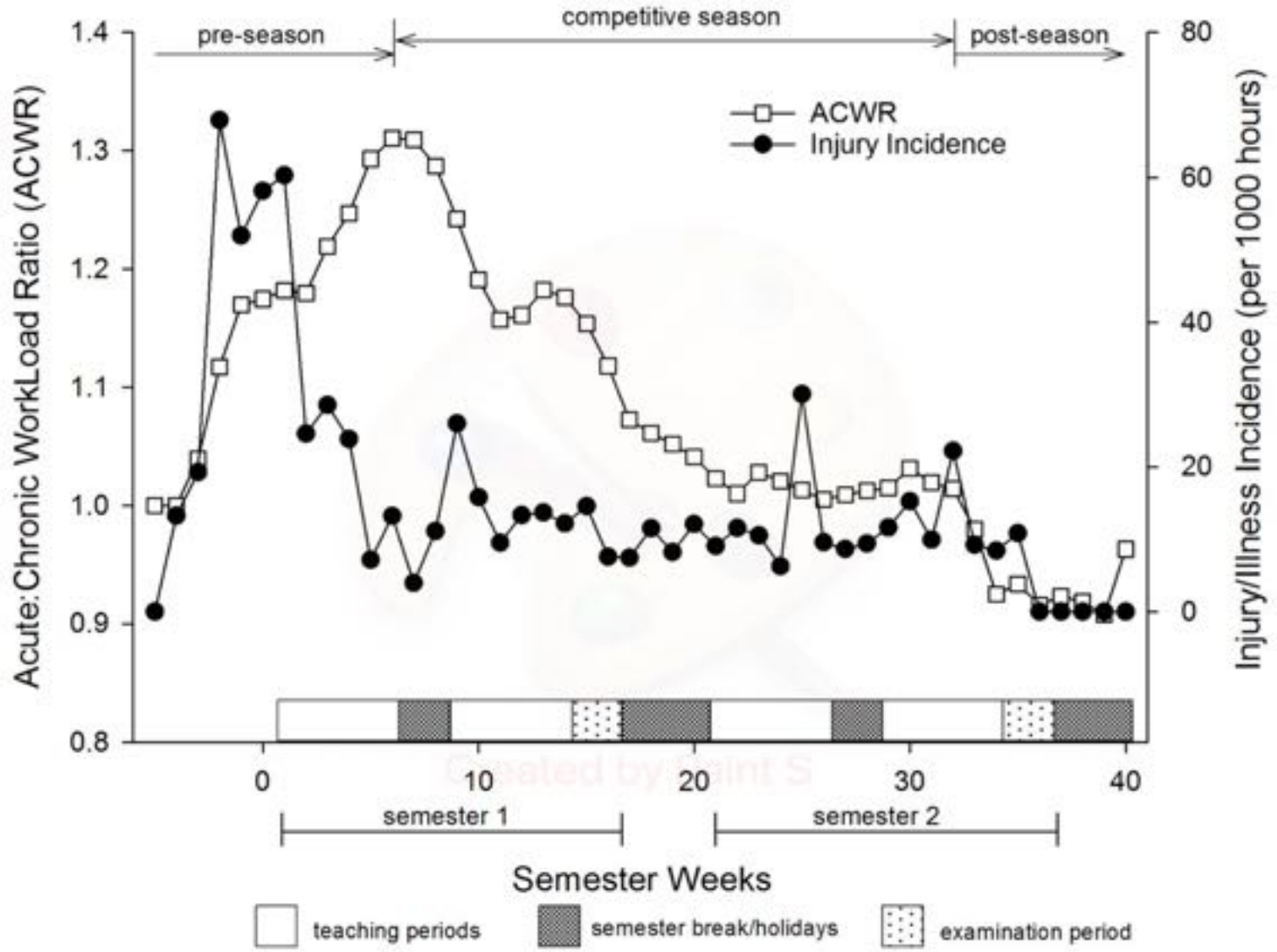

FIGURE 4 | Association between acute:chronic workload ratio and incidence of injury and illness of young elite university athletes. Values are weekly means.

Hamlin (2019)

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1

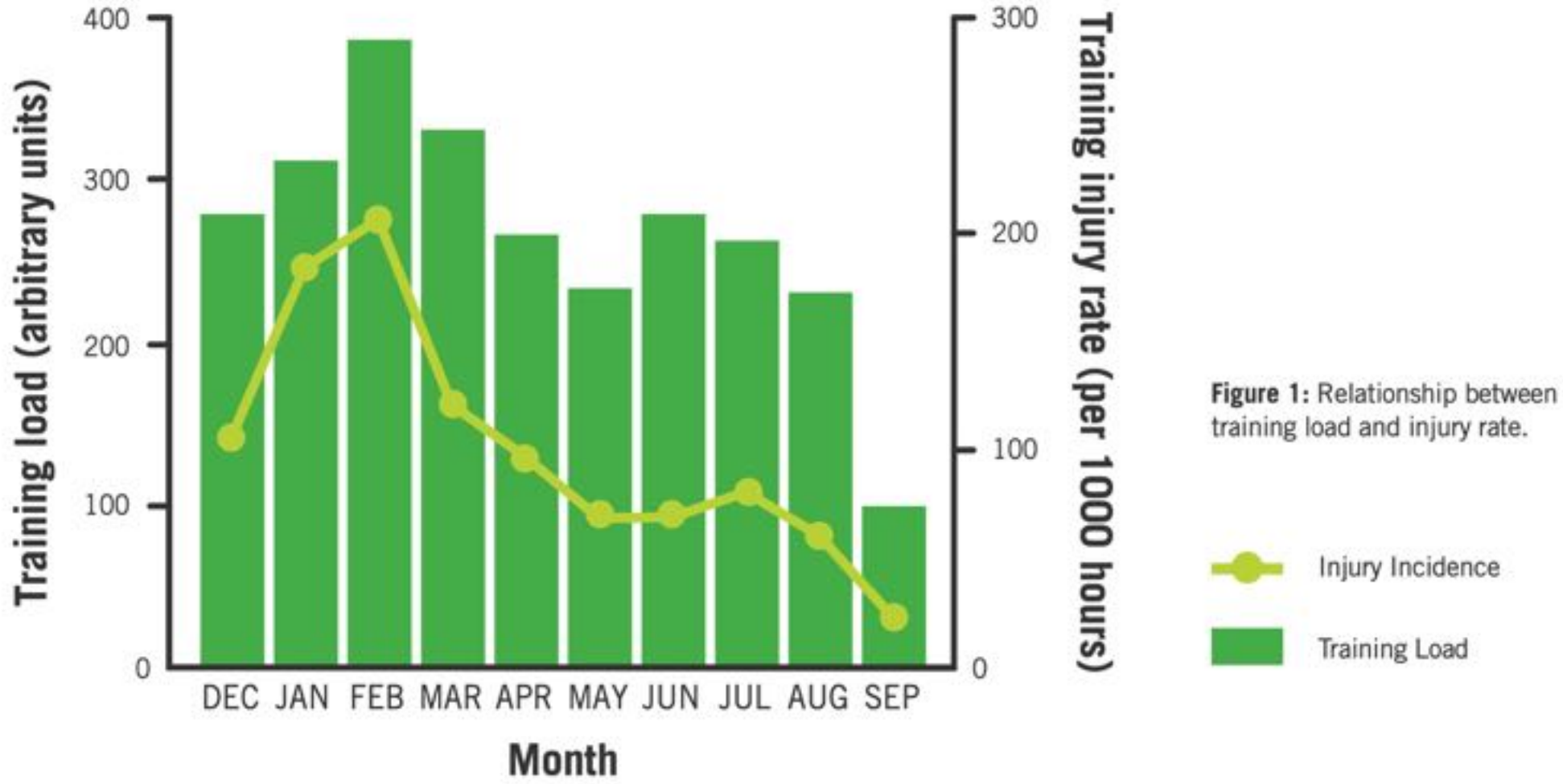
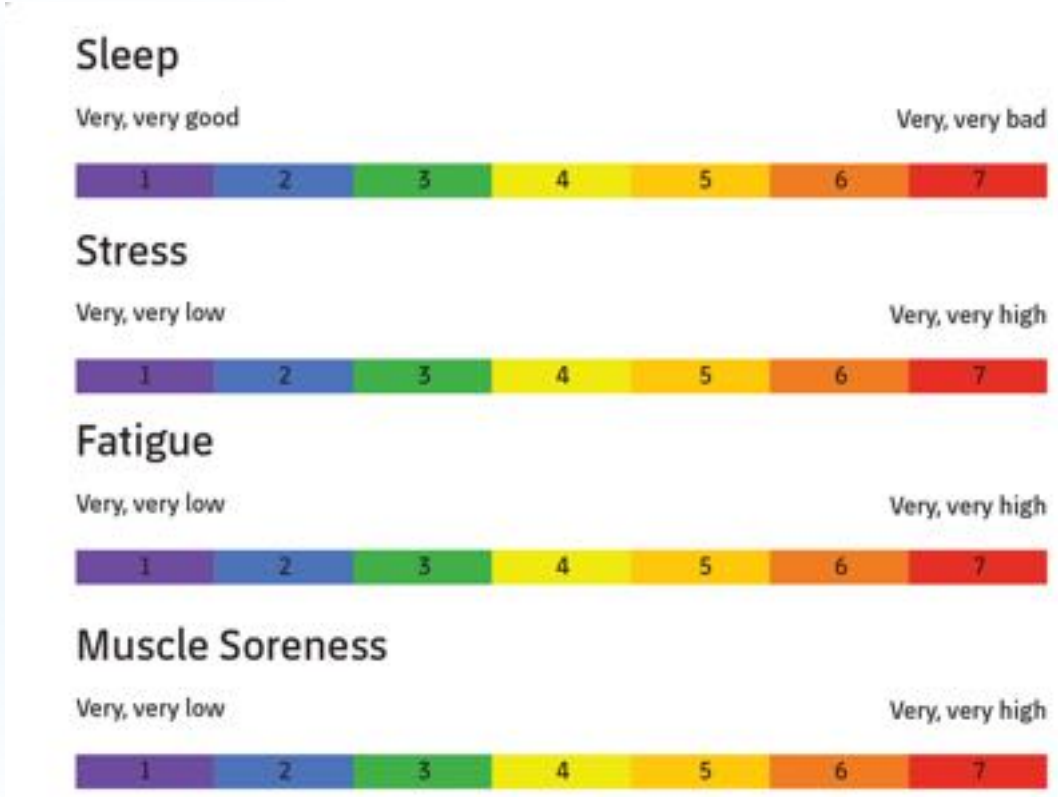


Figure 1: Relationship between training load and injury rate.

Gabbet

WELLNESS QUESTIONNAIRE

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



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PRACTICAL APPLICATIONS
実践的応用

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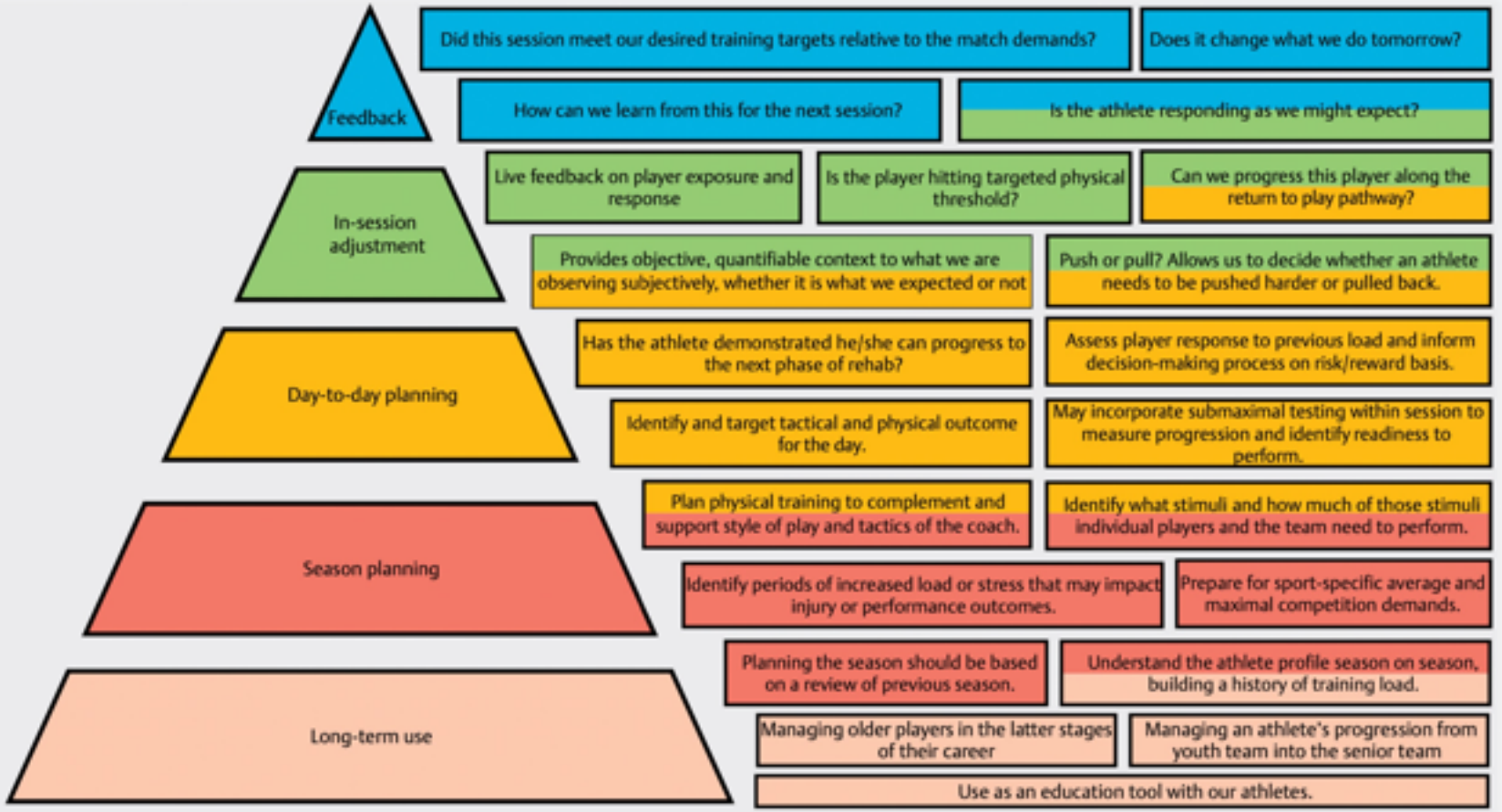
Practical applications

Review

Thieme

More than a Metric: How Training Load is Used in Elite Sport for Athlete Management

Authors
Stephen W. West[1, 2], Jo Clubb[3], Lorena Torres-Ronda[4], Daniel Howells[5], Edward Leng[6], Jason D. Vescovi[7], Sean Carmody[8], Michael Posthumus[9, 10], Torstein Dalen-Lorentsen[11], Johann Windt[12, 13]



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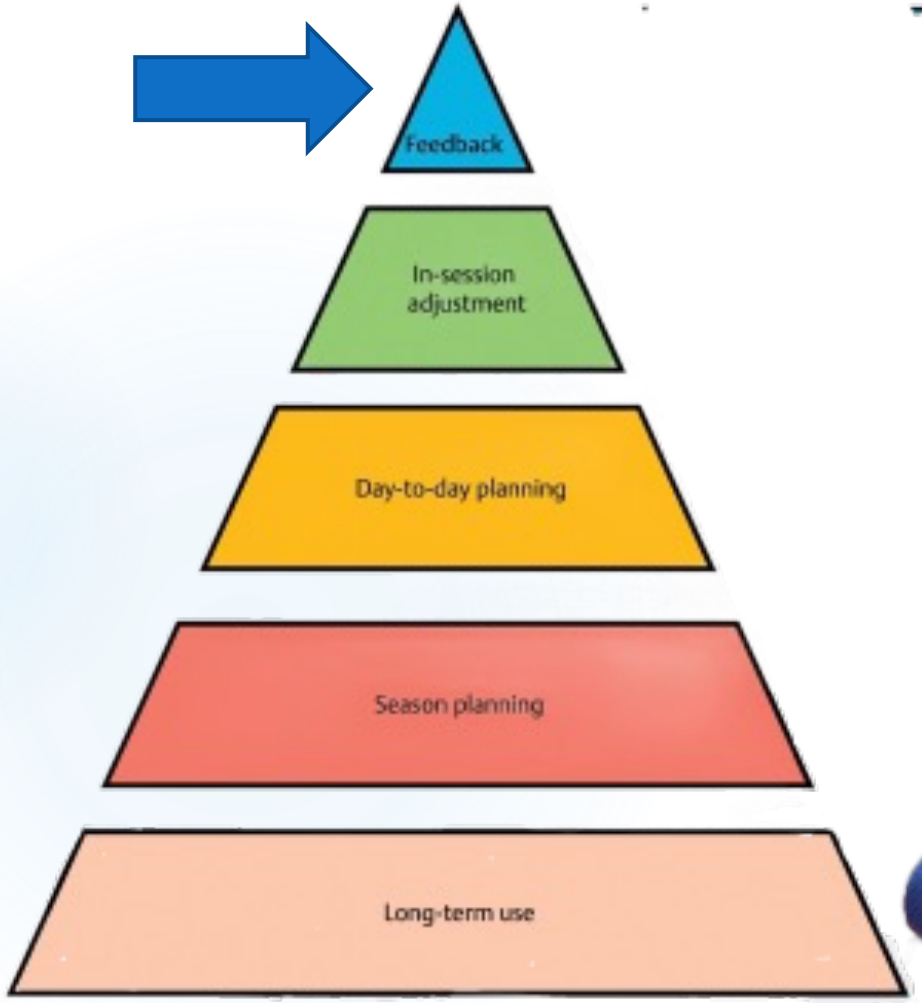
Practical applications



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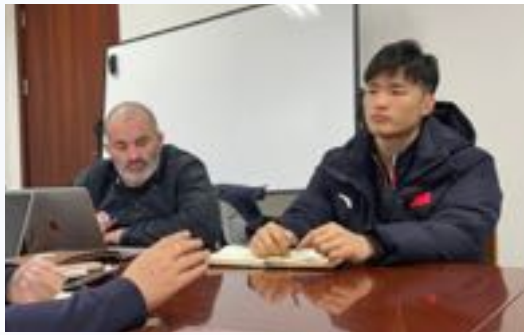

Practical applications

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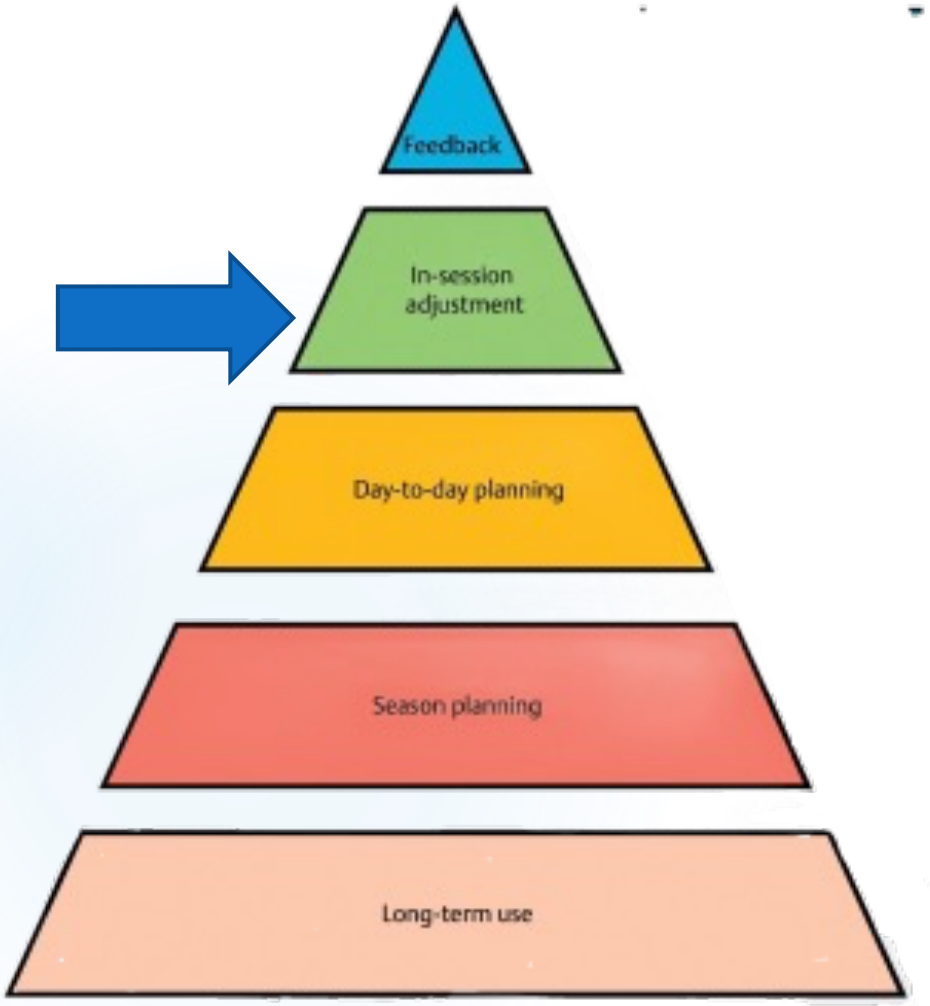
Practical applications



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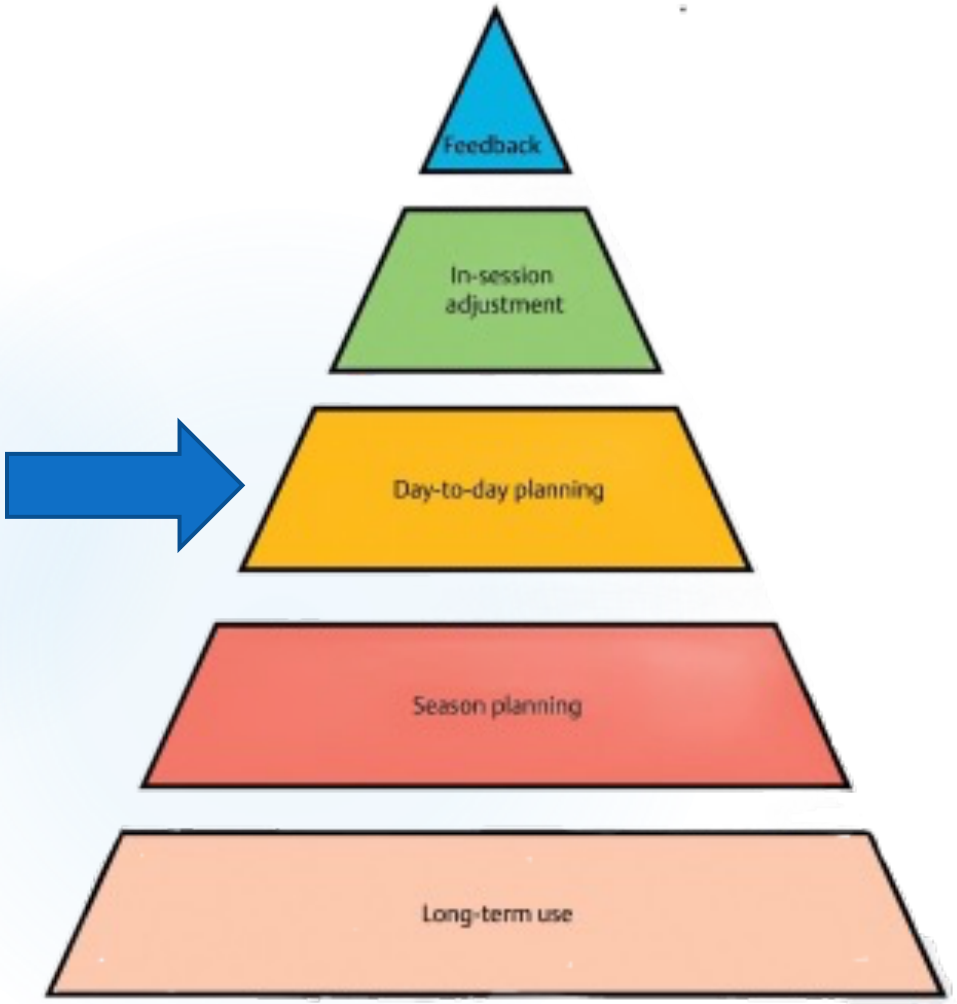
Practical applications



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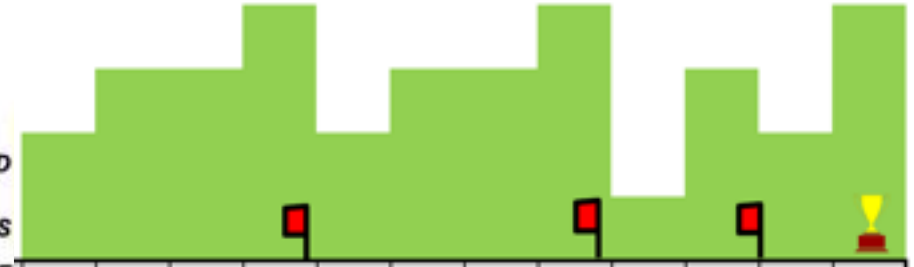
Squad training load
チームのトレーニング負荷



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
Nº 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 介電体	TRANSMUTATION 1					TRANSMUTATION 2				REALIZATION		
WEEKLY TRAINING LOAD	40	49	49									
	II WINTER TRAINING CAMP											

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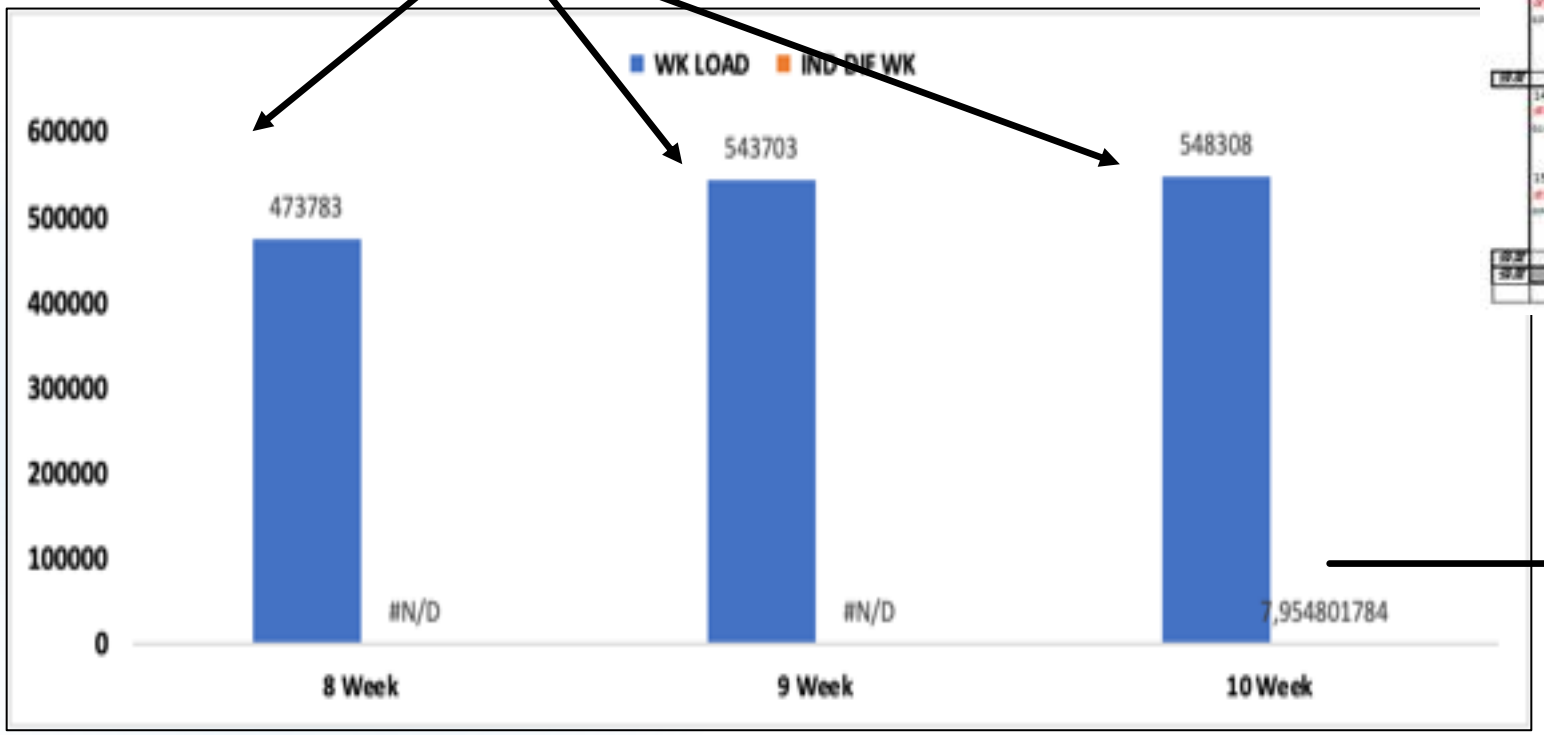

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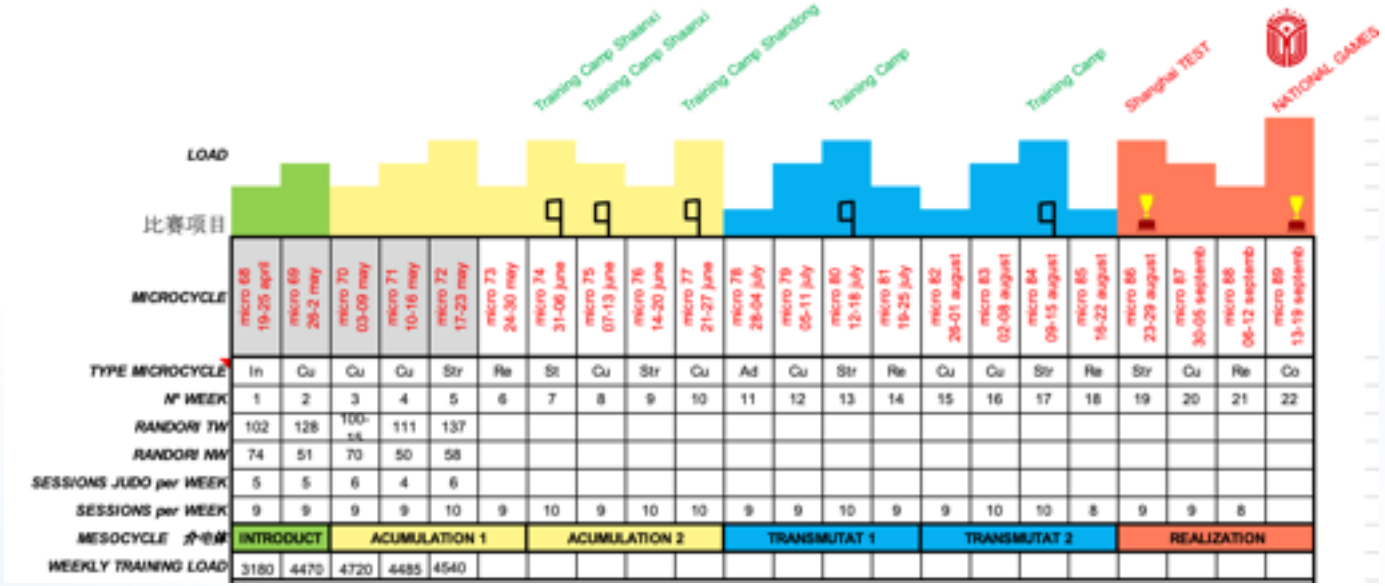
Targeted training load
計画トレーニング負荷



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	In	Cu	Cu	Cu	Str	Re	St	Cu	Str	Cu	Ad	Cu	Str	Re	Cu	Cu	Str	Re	Str	Cu	Re	Co
Nº WEEK	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
RANDORI TW	102	128	100-[illegible]	111	137																	
RANDORI NW	74	51	70	50	58																	
SESSIONS JUDO per WEEK	5	5	6	4	6																	
SESSIONS per WEEK	9	9	9	9	10	9	10	9	10	10	9	9	10	9	9	10	10	8	9	9	8	
MESOCYCLE 介中期	INTRODUCT		ACUMULATION 1				ACUMULATION 2				TRANSMUTAT 1				TRANSMUTAT 2				REALIZATION			
WEEKLY TRAINING LOAD	3180	4470	4720	4485	4540																	

Individual training load
個人トレーニング負荷

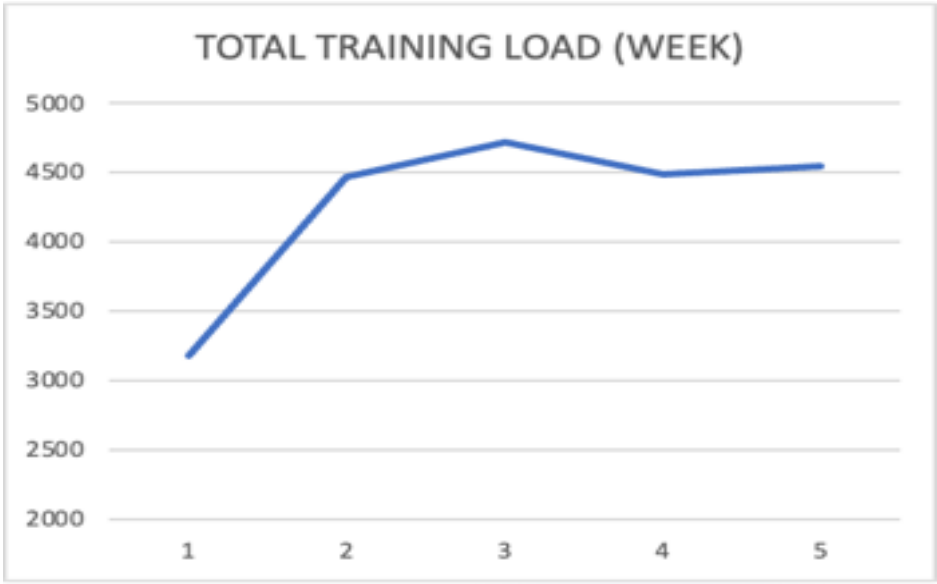
XieYadong	90	MALE	0	0
	2021-04-19	270		270
	2021-04-20	330		330
	2021-04-21	740		740
	2021-04-22	690		690
	2021-04-23	880		630
	2021-04-24	270		270
	2021-04-25	0		-
WEEK LOAD	% DIF WK			AVG WL CAT
3180	#¡DIV/0!			1915

XieYadong	90	MALE	0	0
	2021-05-10	575		603
	2021-05-11	1140		985
	2021-05-12	1450		1355
	2021-05-13	640		635
	2021-05-14	440		495
	2021-05-15	240		180
	2021-05-16	0		-
WEEK LOAD	% DIF WK			AVG WL CAT
4485	-4,98%			4253

XieYadong	90	MALE	0	0
	2021-04-26	600		660
	2021-04-27	1350		1290
	2021-04-28	880		915
	2021-04-29	1040		860
	2021-04-30	600		600
	2021-05-01	0		-
	2021-05-02	0		-
WEEK LOAD	% DIF WK			AVG WL CAT
4470	645,00%			4325

XieYadong	90	MALE	0	0
	2021-05-17	720		720
	2021-05-18	950		830
	2021-05-19	1370		820
	2021-05-20	690		690
	2021-05-21	780		690
	2021-05-22	330		385
	2021-05-23	0		-
WEEK LOAD	% DIF WK			AVG WL CAT
4540	1,23%			4135

XieYadong	90	MALE	0	0
	2021-05-03	1000		940
	2021-05-04	720		660
	2021-05-05	1020		1080
	2021-05-06	360		420
	2021-05-07	1020		930
	2021-05-08	600		450
	2021-05-09	0		-
WEEK LOAD	% DIF WK			AVG WL CAT
4720	5,59%			4480



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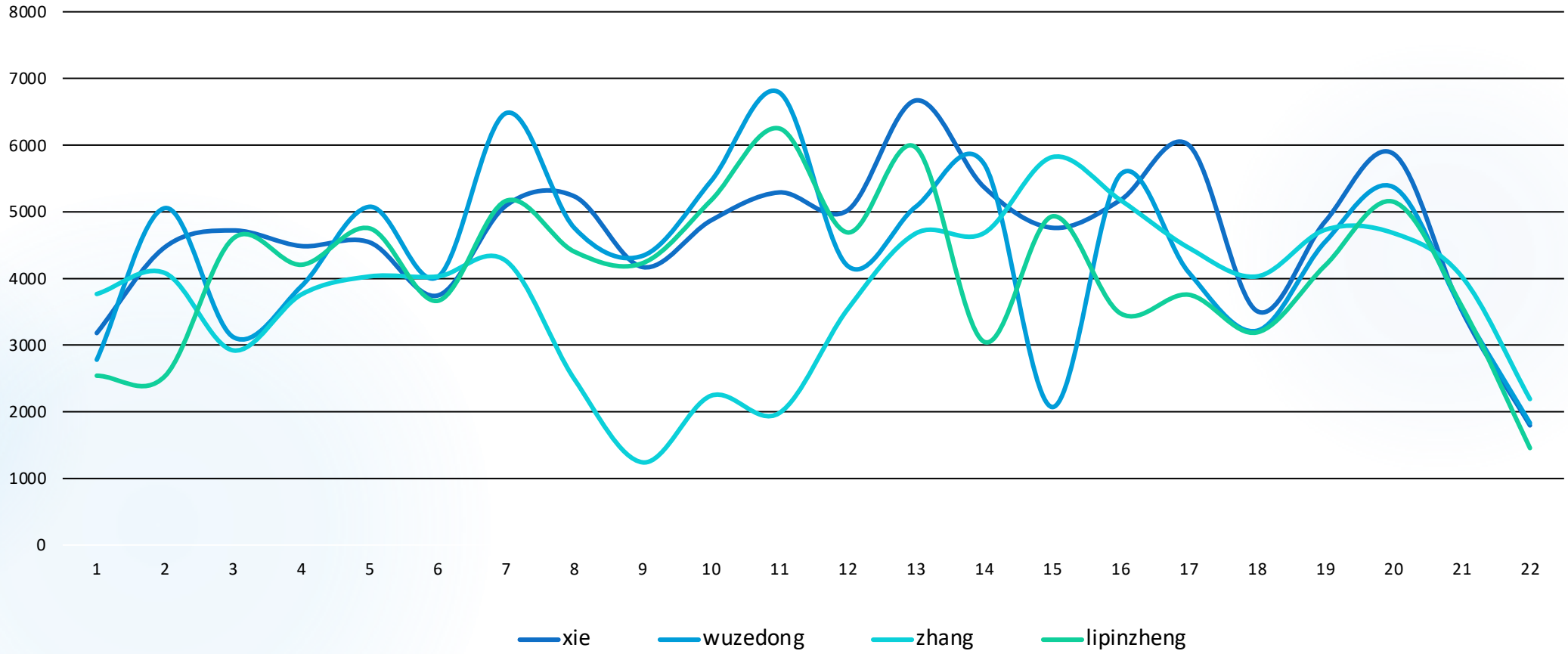
Individual training load
個人トレーニング負荷



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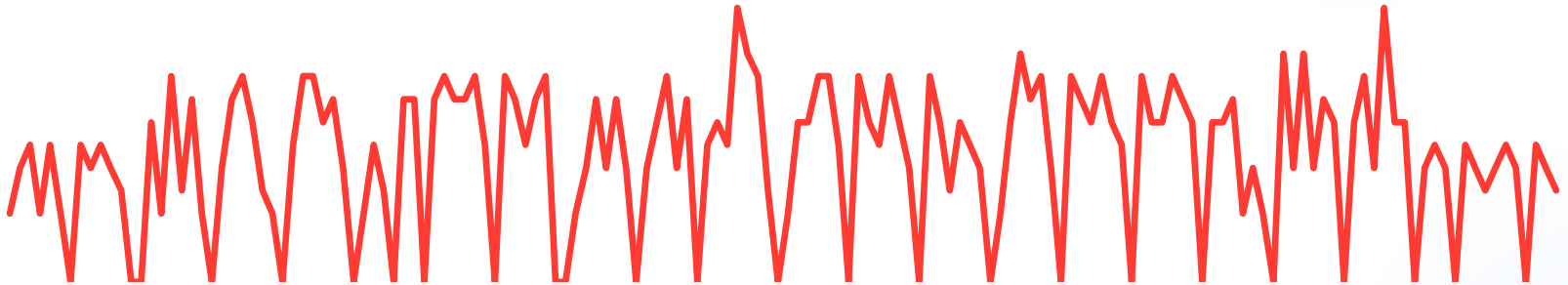
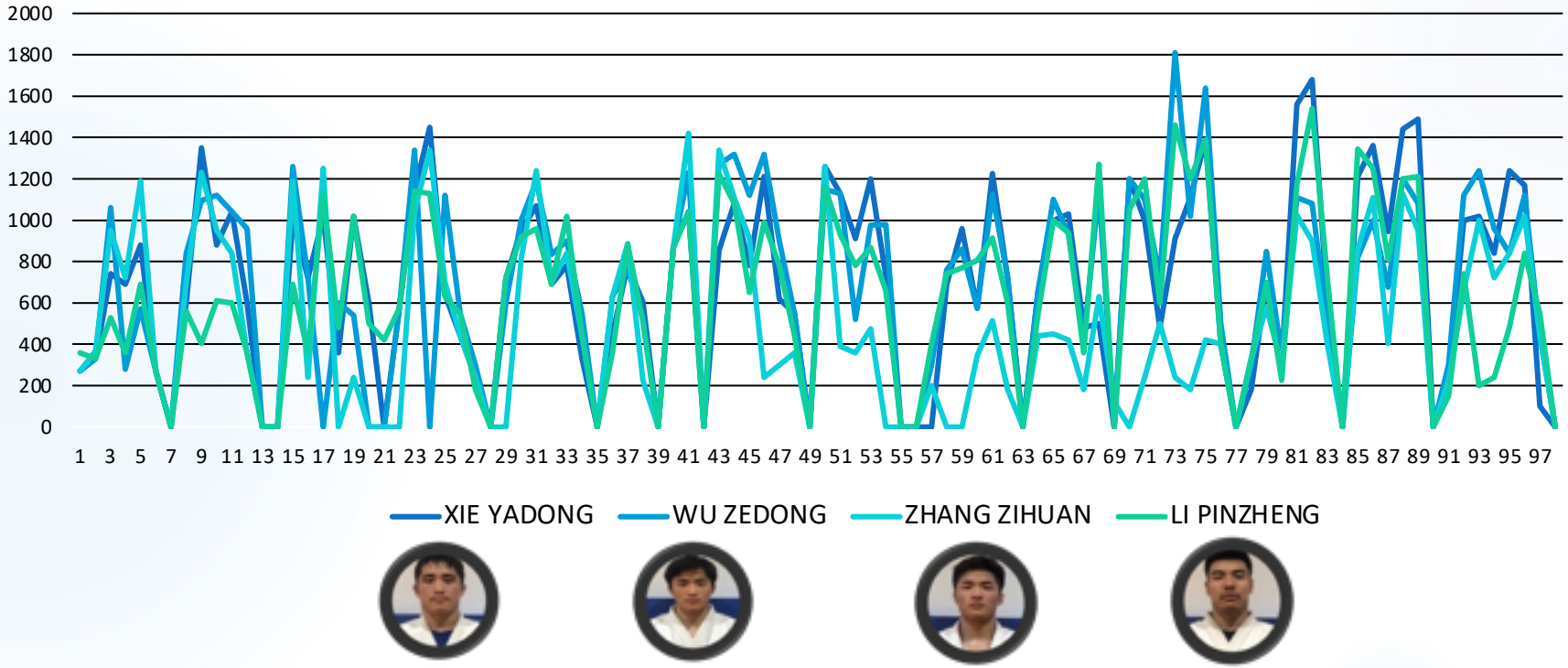
Individual training load





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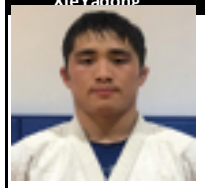
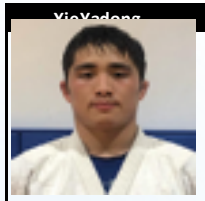
Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete

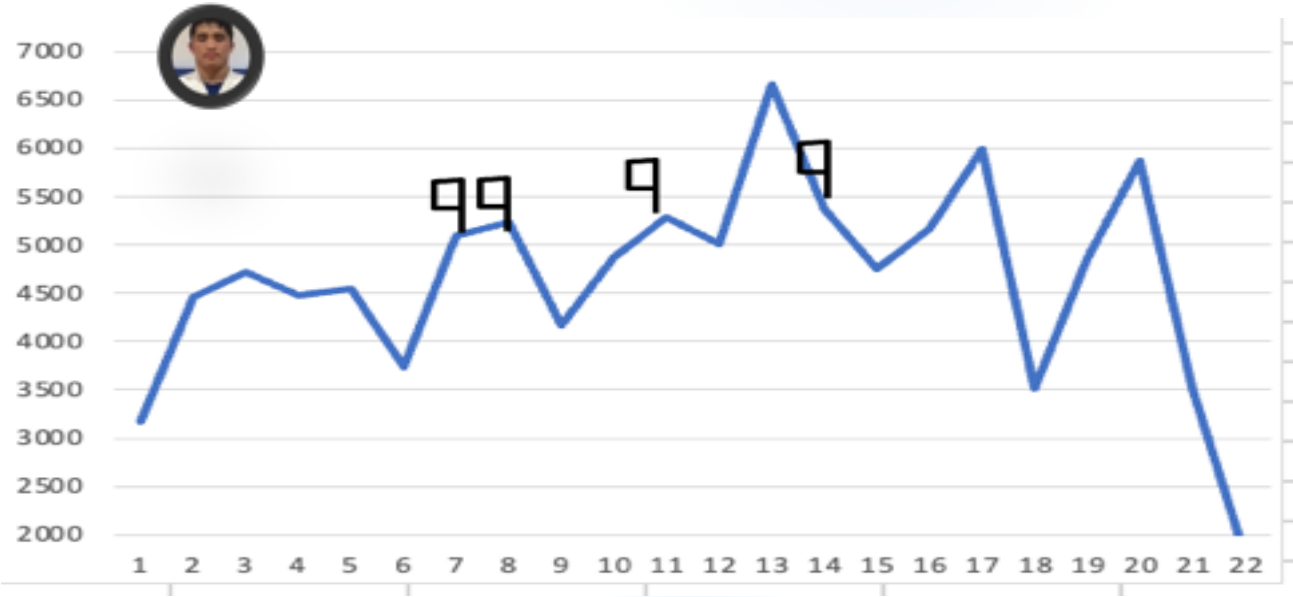
XieYadong	90	MALE	0	0
	2021-08-23	1455		1395
	2021-08-24	600		500
	2021-08-25	1105		1075
	2021-08-26	550		495
	2021-08-27	785		668
	2021-08-28	360		360
	2021-08-29	0		-
WEEK LOAD	% DIF WK			AVG WL CAT
4855	38,32%			4493

XieYadong	90	MALE	0	0
	2021-08-30	1040		975
	2021-08-31	1530		1325
	2021-09-01	420		420
	2021-09-02	990		998
	2021-09-03	1350		900
	2021-09-04	540		540
	2021-09-05	0		-
WEEK LOAD	% DIF WK			AVG WL CAT
5870	20,91%			5158

XieYadong	90	MALE	0	0
	2021-09-06	450		450
	2021-09-07	570		793
	2021-09-08	780		958
	2021-09-09	180		180
	2021-09-10	540		585
	2021-09-11	660		715
	2021-09-12	340		340
WEEK LOAD	% DIF WK			AVG WL CAT
3520	-40,03%			3760

XieYadong	90	MALE	0	0
	2021-09-13	135		135
	2021-09-14	280		455
	2021-09-15	540		420
	2021-09-16	300		300
	2021-09-17	540		360
	2021-09-18	0		30
	2021-09-19	0		-
WEEK LOAD	% DIF WK			AVG WL CAT

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



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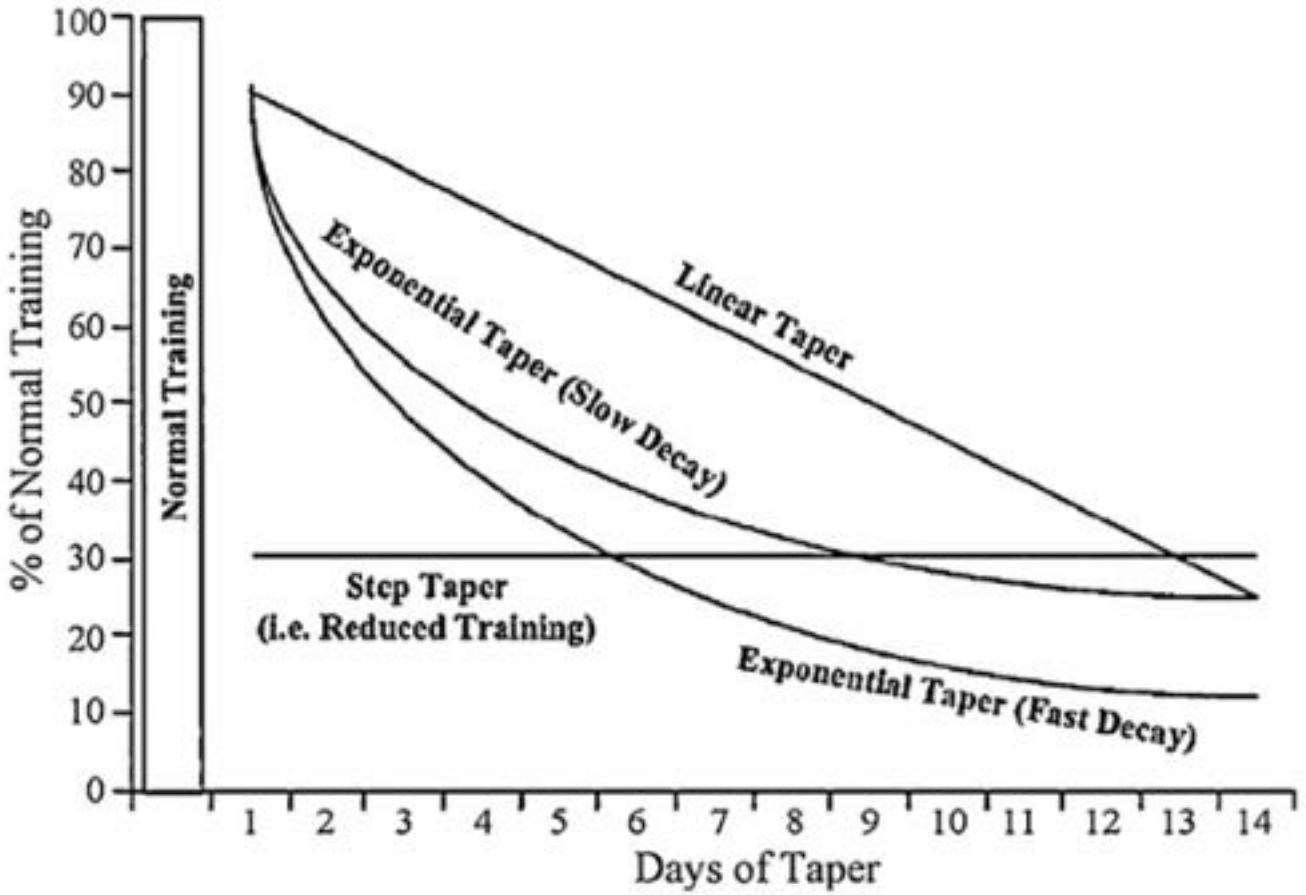
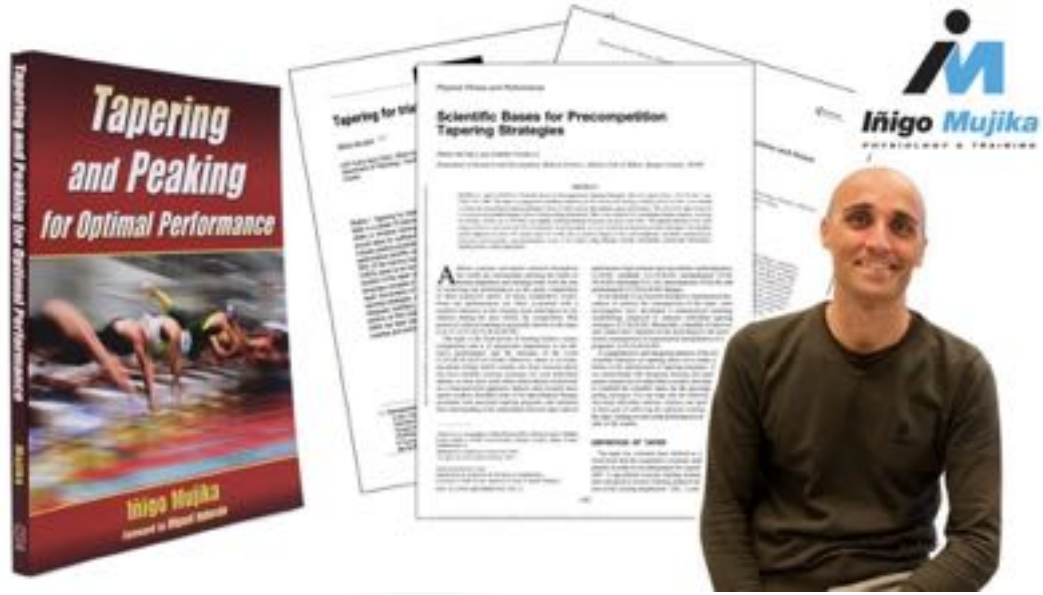
Design tapering and peaking phase
試合前のテーパリング期間の設計



Le Meur et. Al, 2012



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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

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Progression after injury
故障明けの進化

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Progression after injury
故障明けの進化

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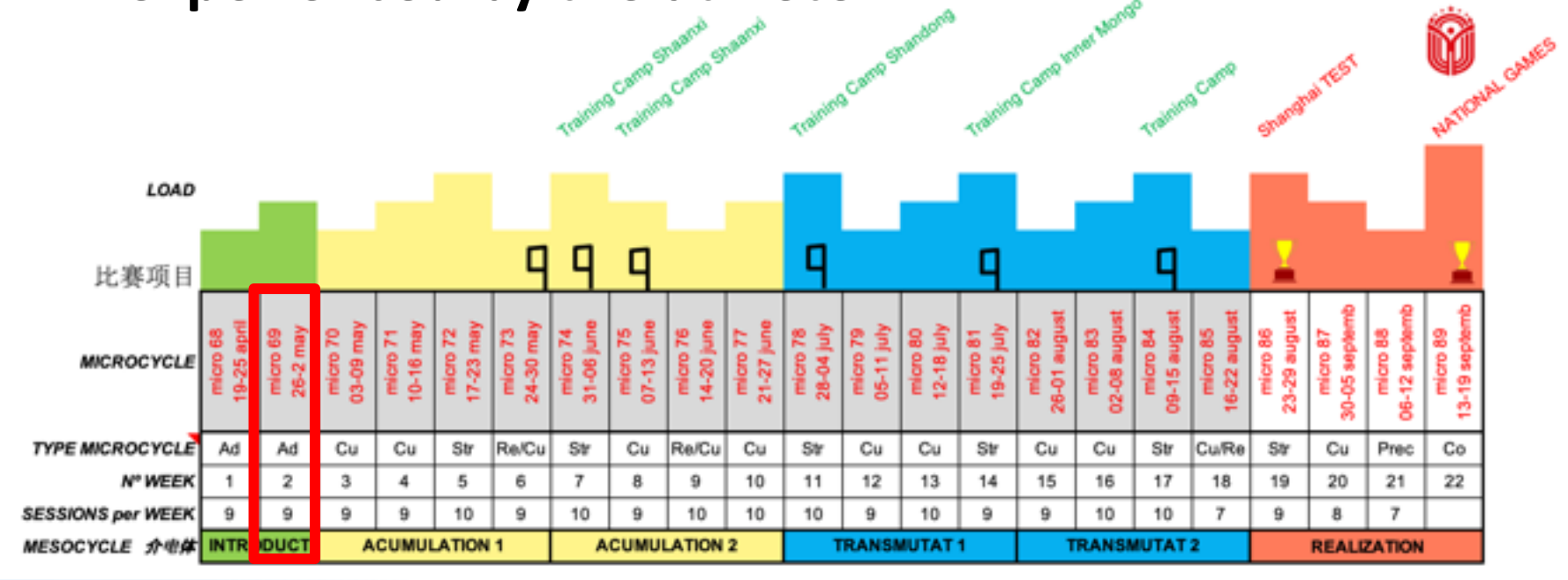
Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete



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 介绍	INTR	DUCT	ACUMULATION 1				ACUMULATION 2				TRANSMUTAT 1				TRANSMUTAT 2				REALIZATION			

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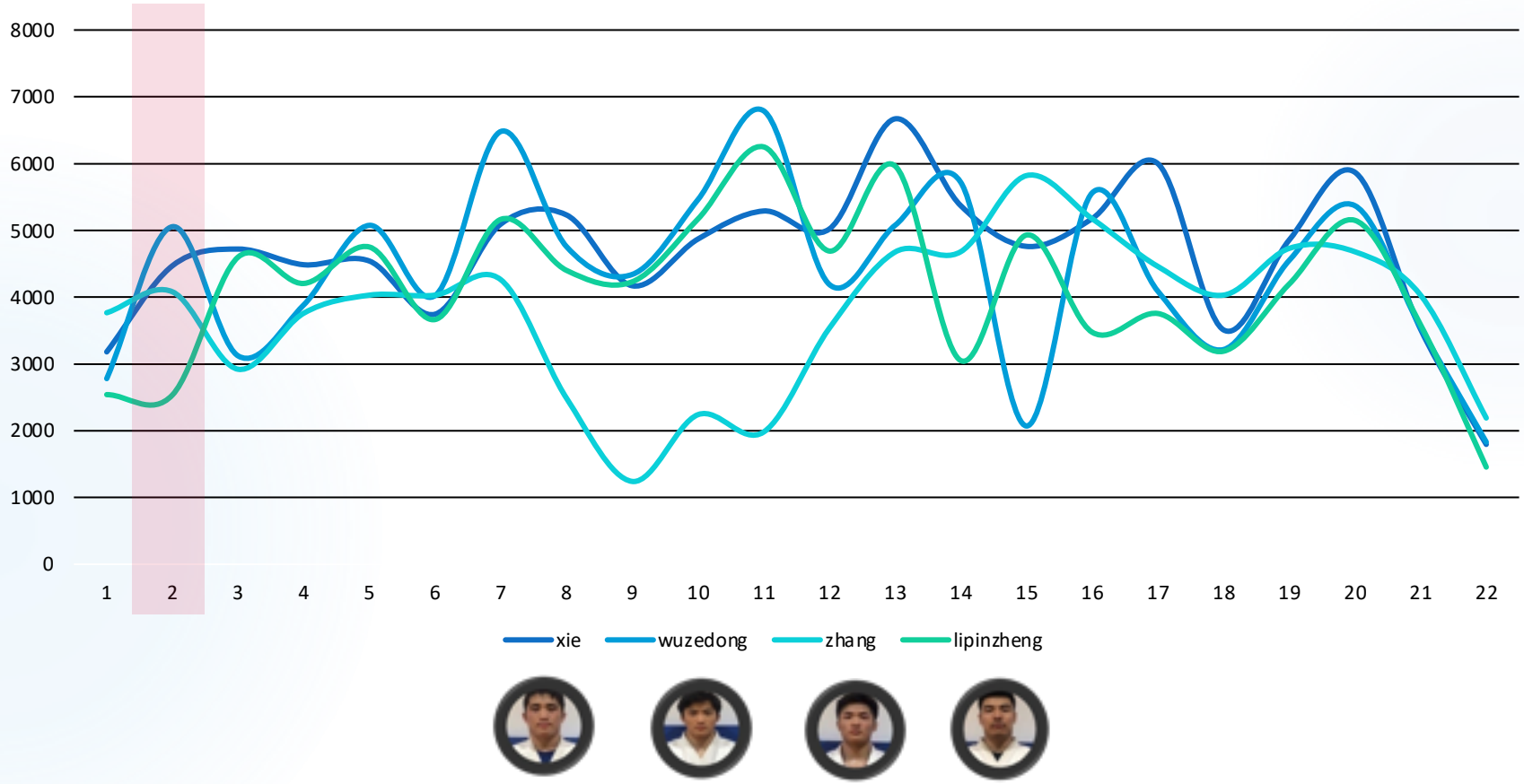
Comparision between ***Microcycle Training Load Intensity*** planned by the Coach and the intensity experienced by the athlete



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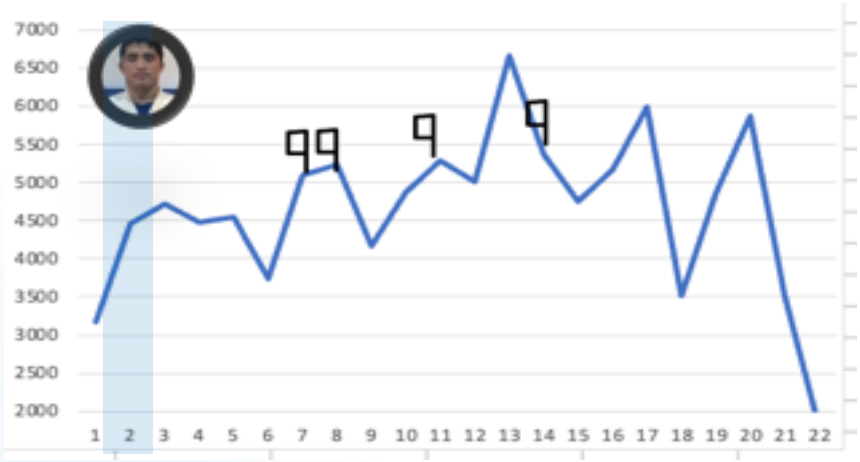
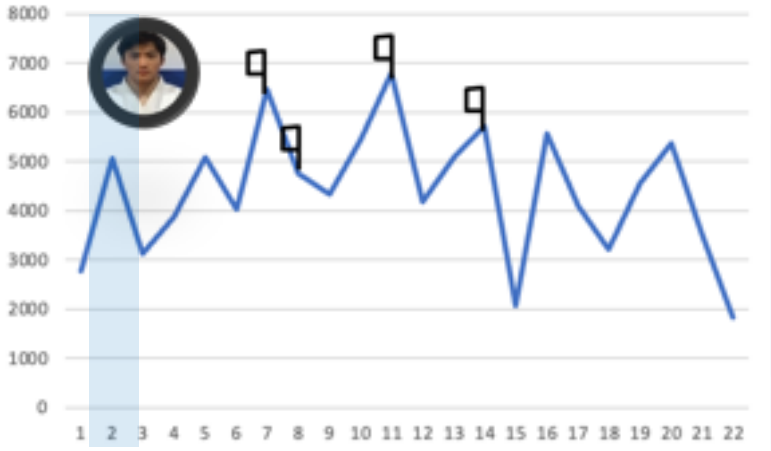
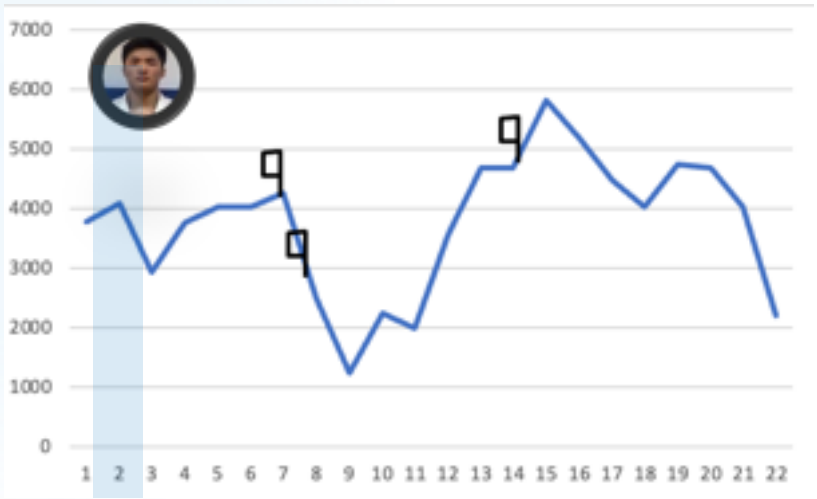
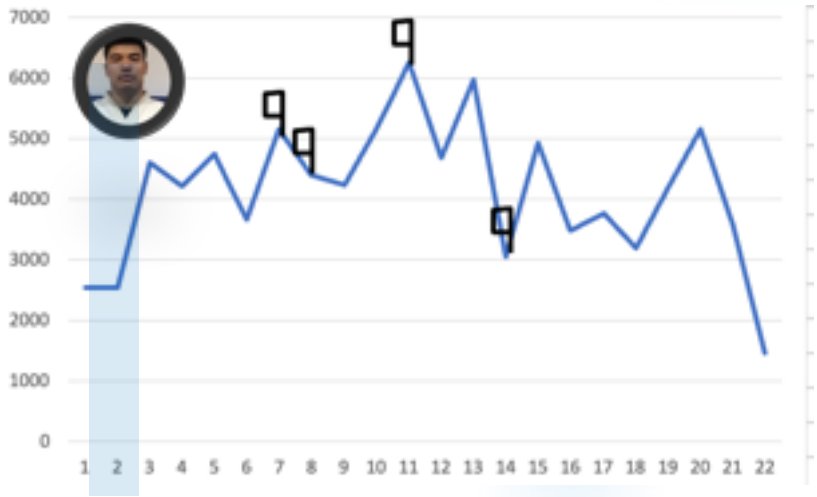
Comparision between ***Microcycle Training Load Intensity*** planned by the Coach and the intensity experienced by the athlete









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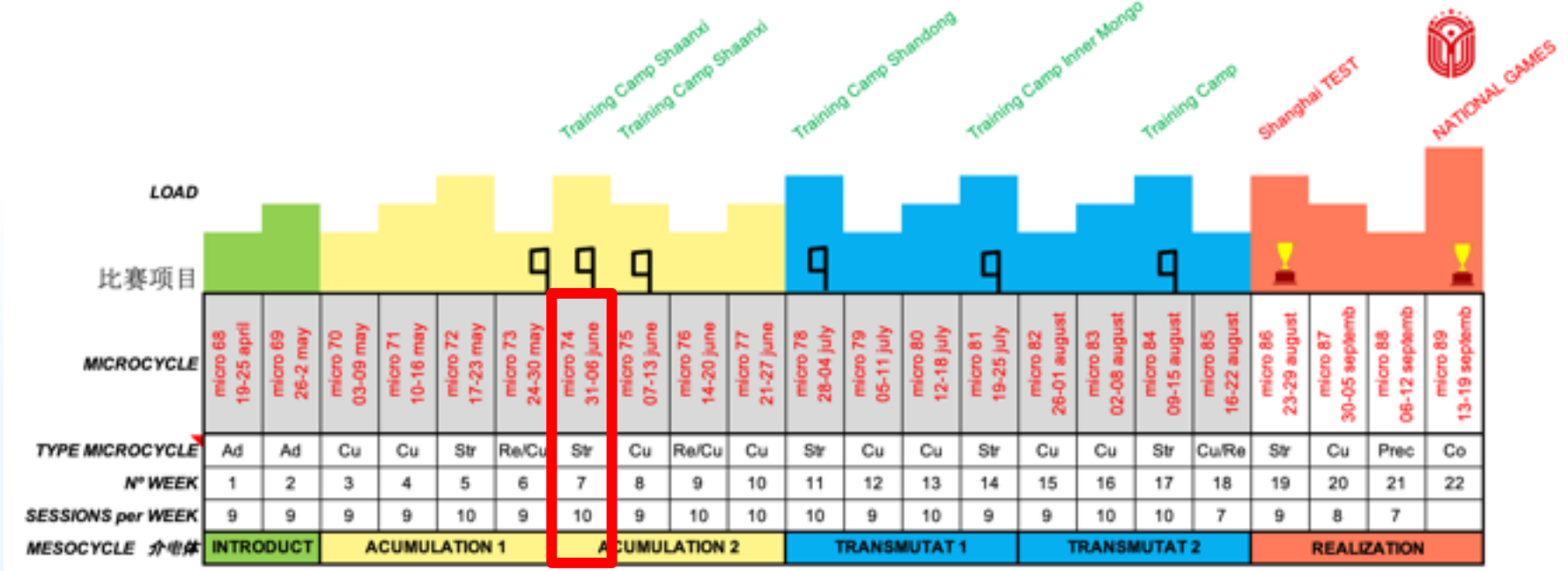
Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete



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
Nº 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 介中体	INTRODUCT		ACUMULATION 1				ACUMULATION 2				TRANSMUTAT 1				TRANSMUTAT 2				REALIZATION			

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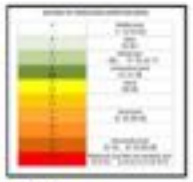
Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete

WEEKLY PLAN SHANGHAI JUDO


TEAM 团队: JUDO SHANGHAI | SEASON 季节: 2021

WEEK 周: 31-6 June | MICROCYCLE 微循环: 51-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 5x3' NW/30" 10x4' TW/40" hacer 8	09.00 GYM 健身房 *Warm up 热身* 15' *strength training* 力量训练	09.00 JUDO 柔道 5x3' NW/30" 10x4"TW/40"	09.00 JUDO 柔道 10' NW ippon 6X5' TW/1' 5X2' TW/40"	09.00 GYM 健身房 *Warm up 热身* 15' *strength training* 力量训练	09.00 JUDO 柔道 10x4' 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 CONDITIONING 50-40-30-20-10 3 sets as fast as possib	15.00 JUDO 柔道 5x3'TW+2'KG/1' 5x2'TW+2'NW+1'GS/1'	15.00 RUNNING CONDITIONING STRETCHING	15.00 JUDO 柔道 *Warm up 热身15'* SPECIFIC N.GAMES YSG 3 X 3'/3' CIRC TRAIN 3 X 3'/3' KUMIKATA best grip 2x3' KUMIKATA worst grip 2x3' CONDITIONING 12'	15.00 JUDO 柔道 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	48

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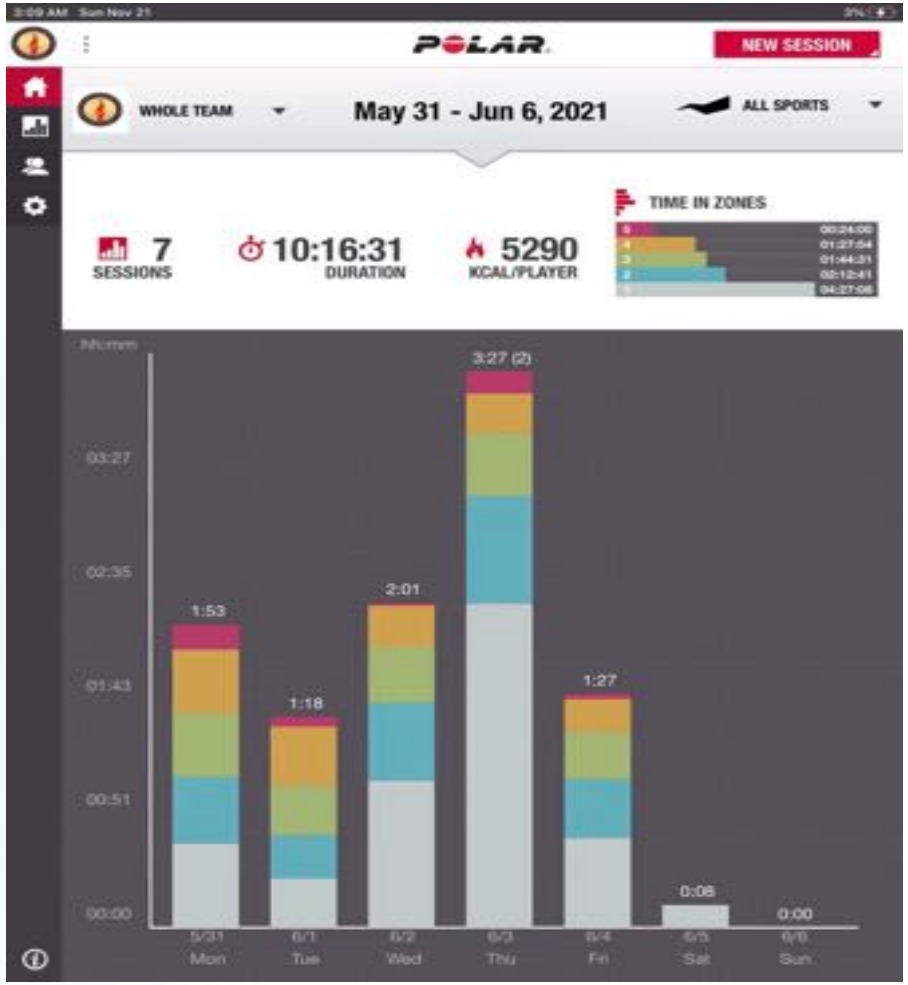
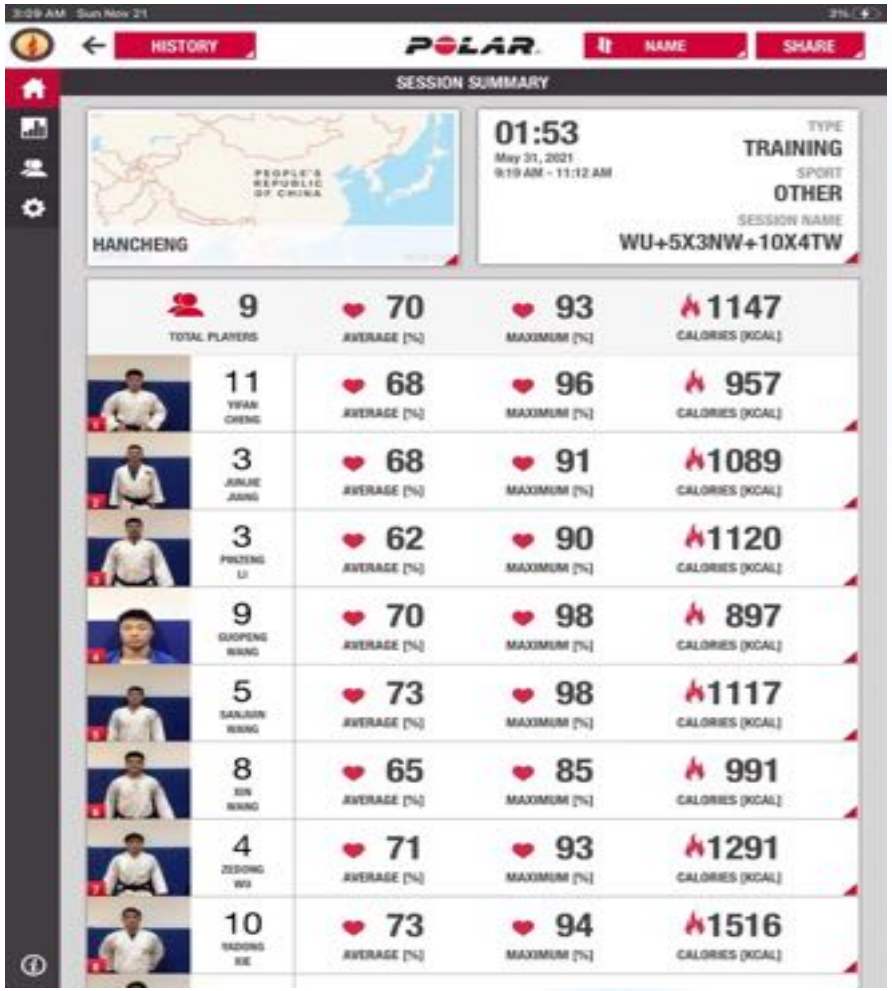
Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete





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Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete

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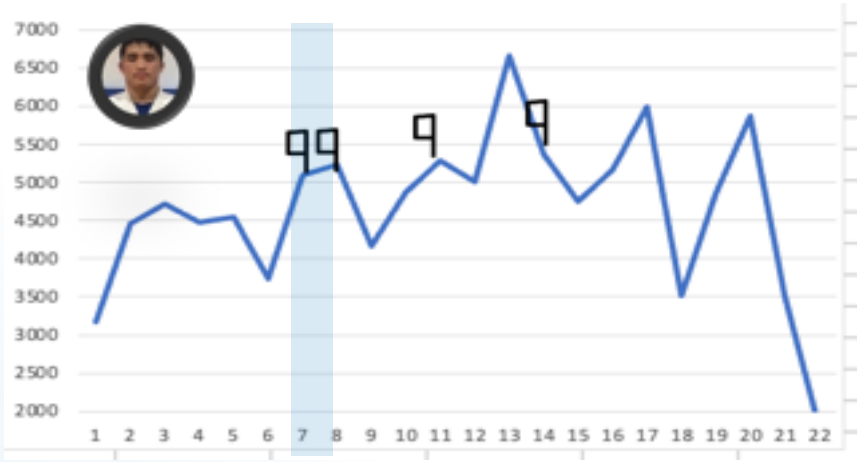
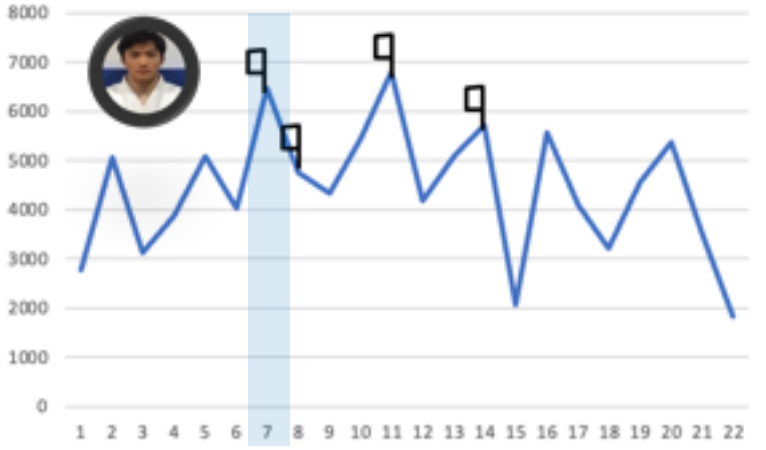
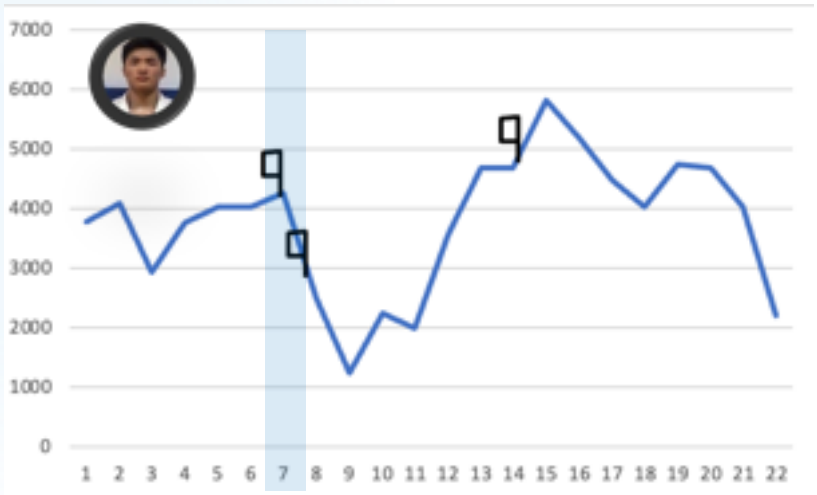
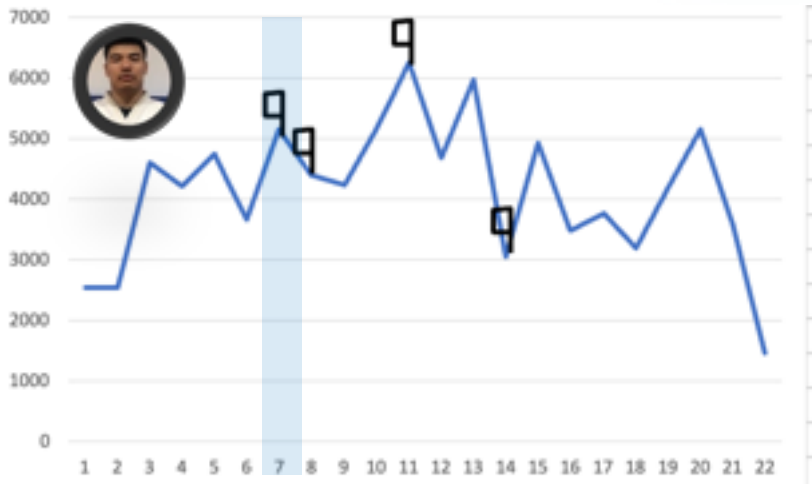
Comparision between ***Microcycle Training Load Intensity*** planned by the Coach and the intensity experienced by the athlete









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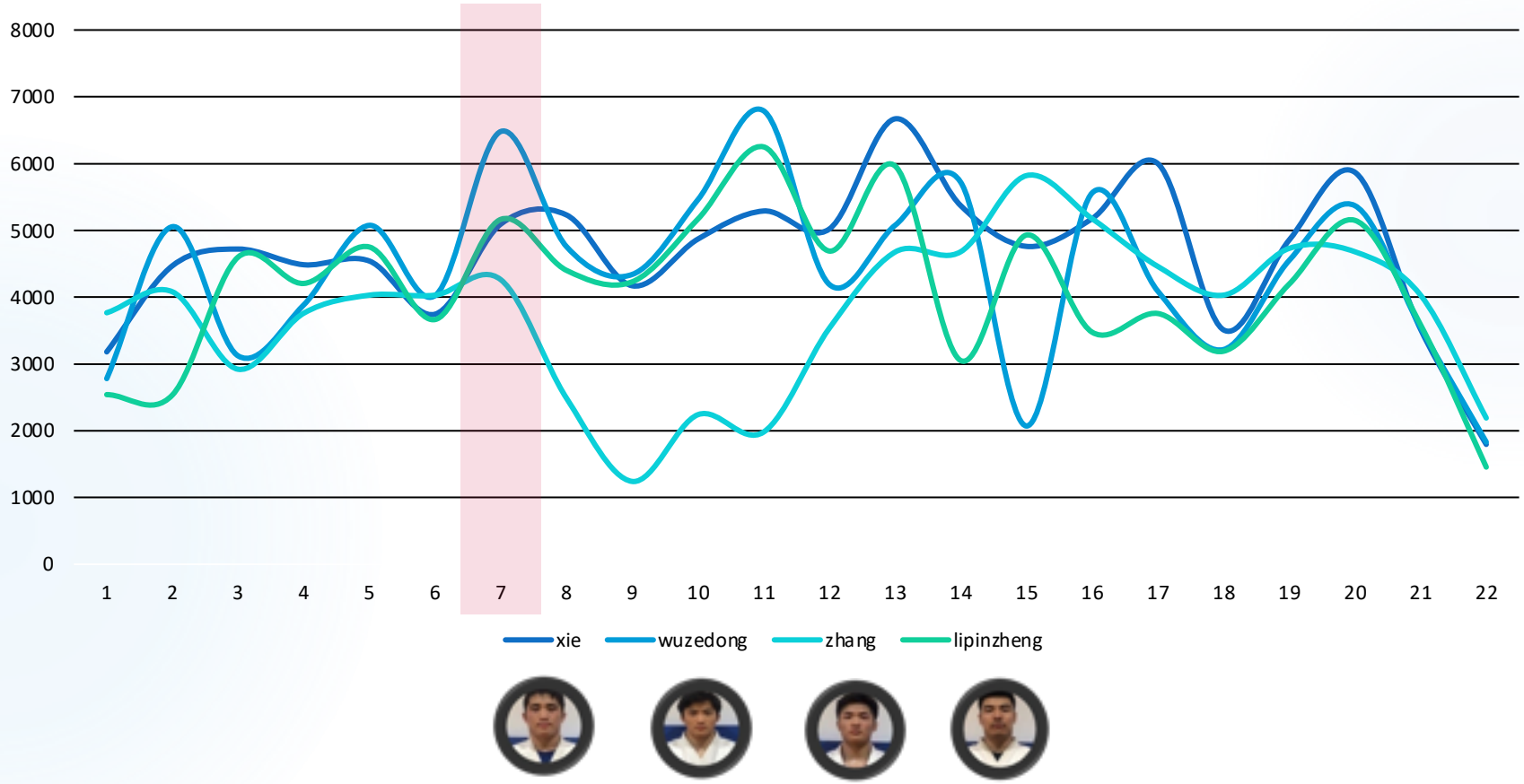
Comparision between ***Microcycle Training Load Intensity*** planned by the Coach and the intensity experienced by the athlete



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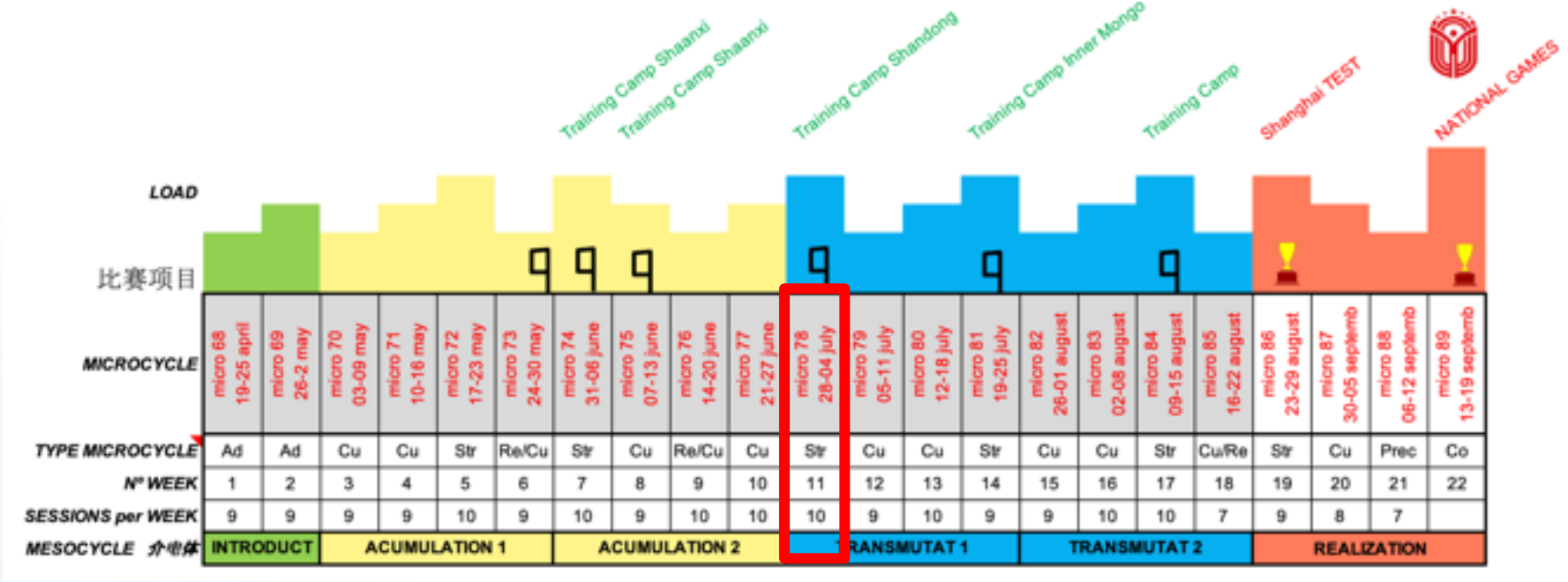
Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete



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	INTRODUCT		ACUMULATION 1				ACUMULATION 2				TRANSMUTAT 1				TRANSMUTAT 2				REALIZATION			

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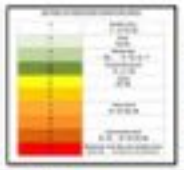
Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete

WEEKLY PLAN SHANGHAI JUDO


TEAM 团队: JUDO SHANGHAI　　SEASON 季节: 2021

WEEK 周: 28-04 July　　MICROCYCLE 微循环: 55-strikking

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

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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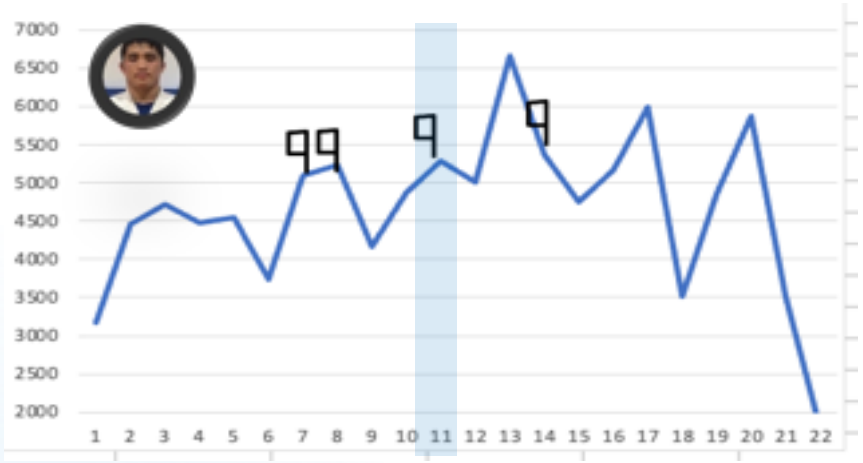
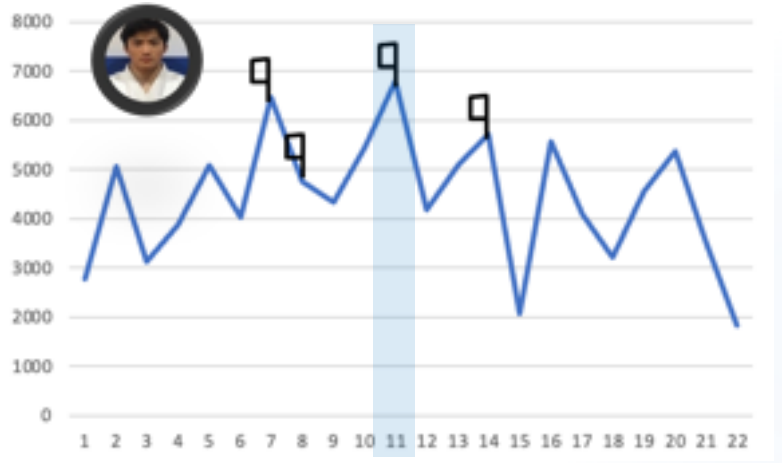
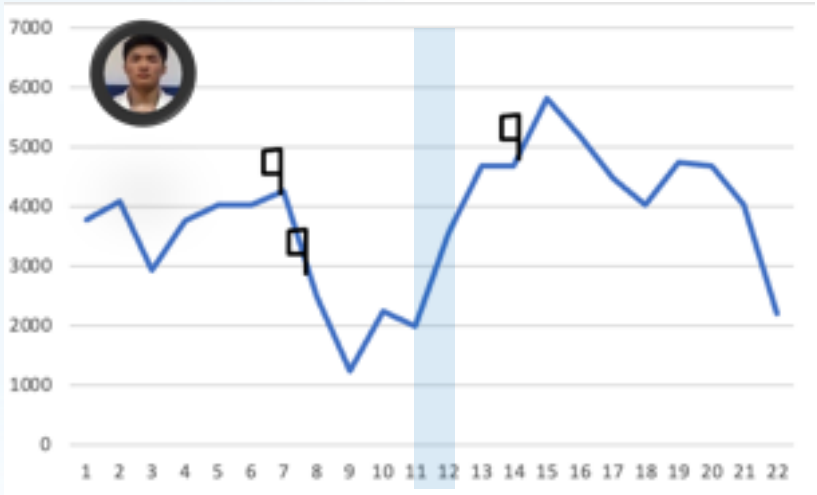
Comparision between ***Microcycle Training Load Intensity*** planned by the Coach and the intensity experienced by the athlete







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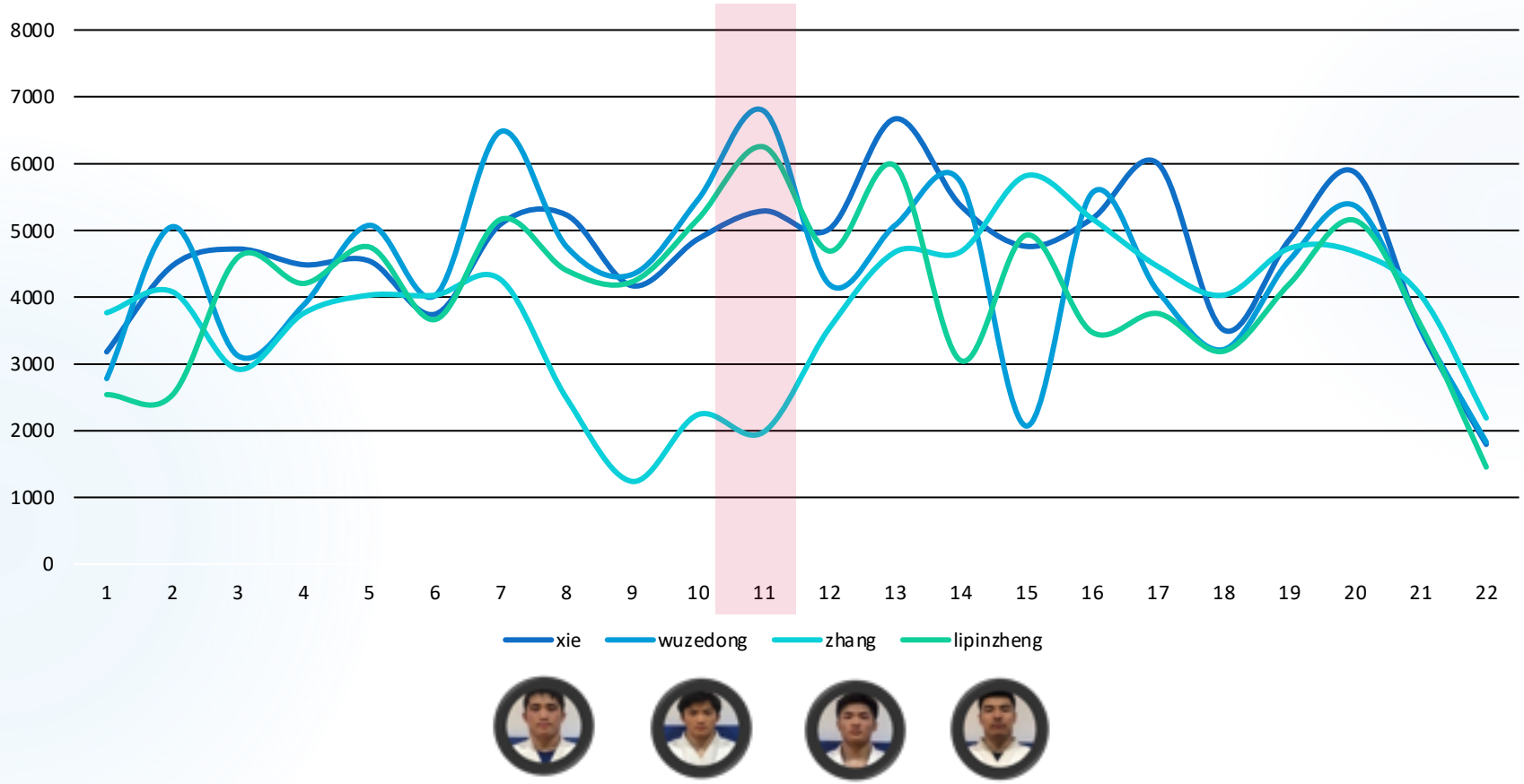
Comparision between ***Microcycle Training Load Intensity*** planned by the Coach and the intensity experienced by the athlete



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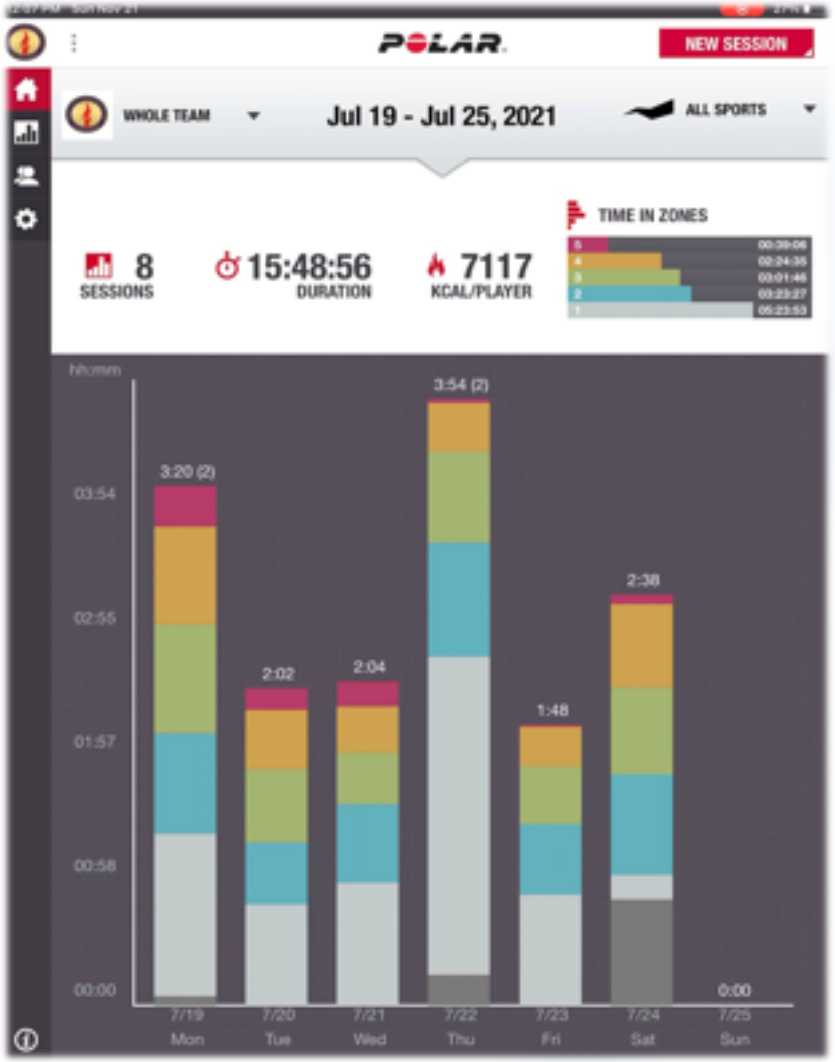
Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete



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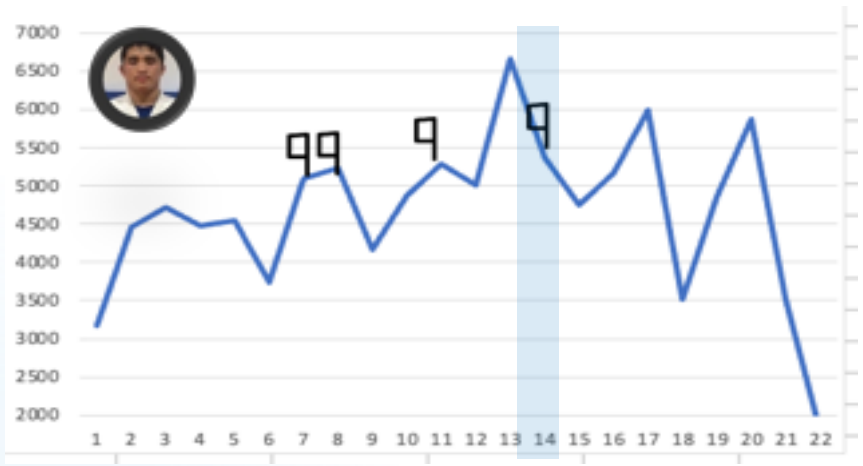
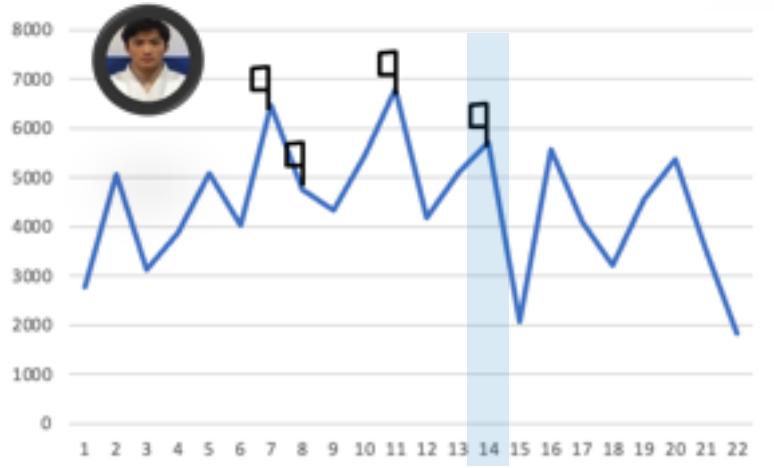
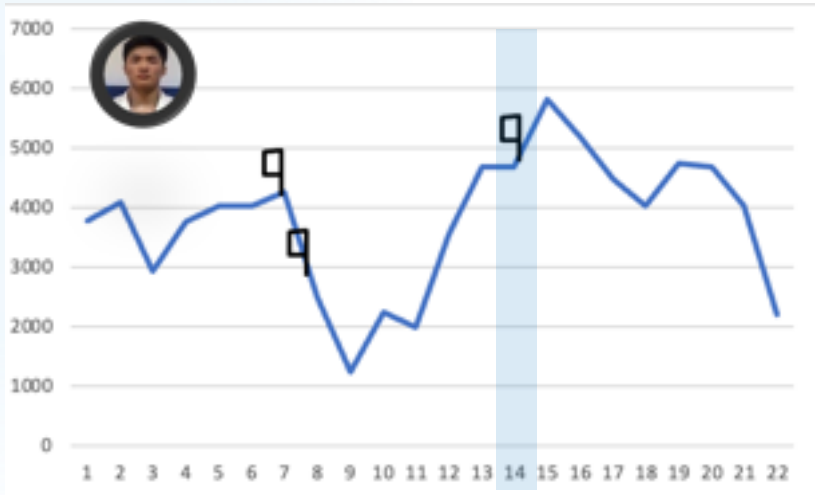
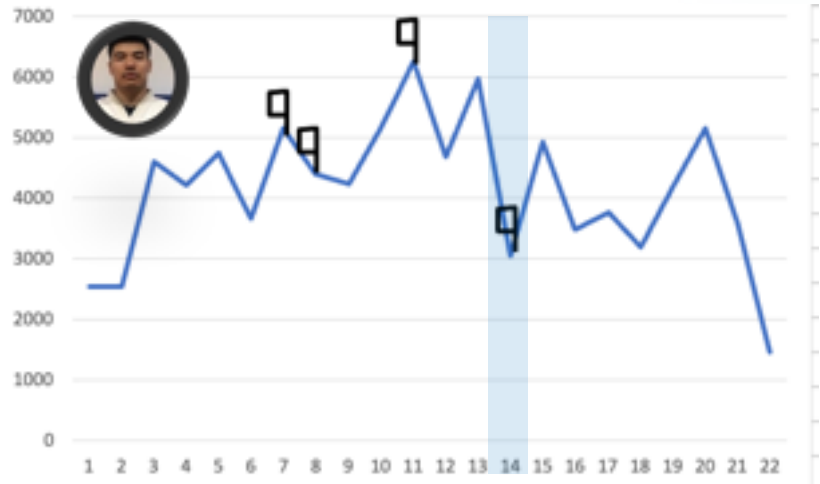
Comparision between ***Microcycle Training Load Intensity*** planned by the Coach and the intensity experienced by the athlete









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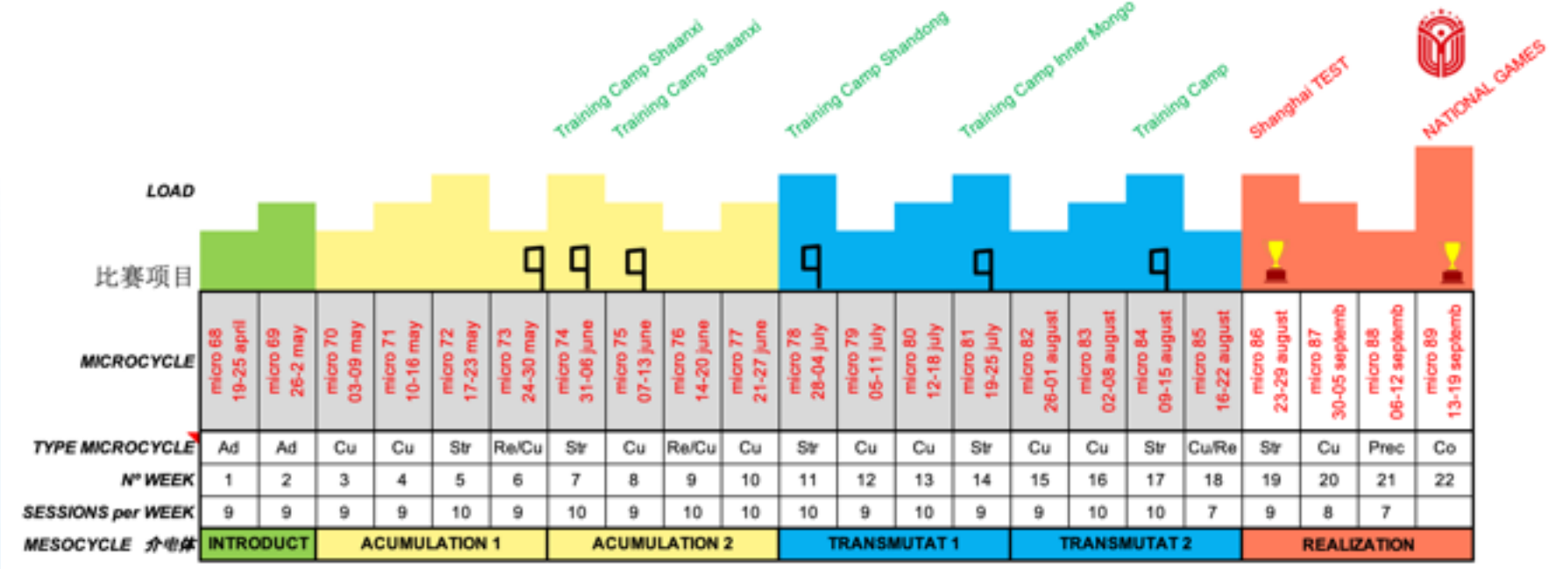
Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete



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	INTRODUCT		ACUMULATION 1				ACUMULATION 2				TRANSMUTAT 1				TRANSMUTAT 2				REALIZATION			

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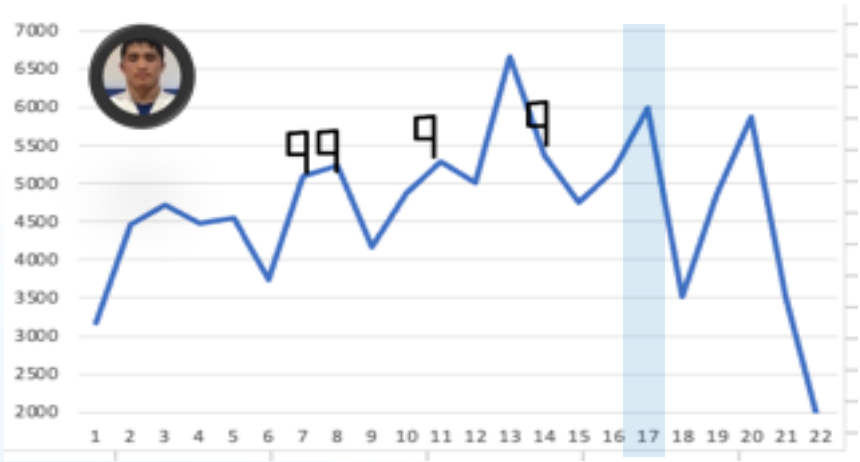
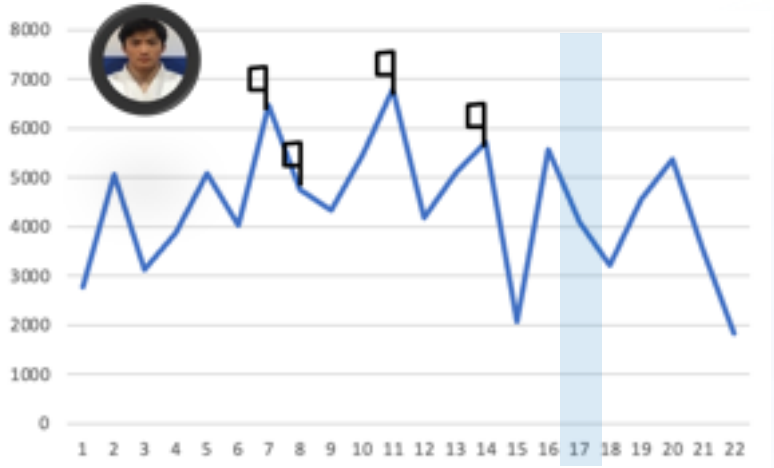
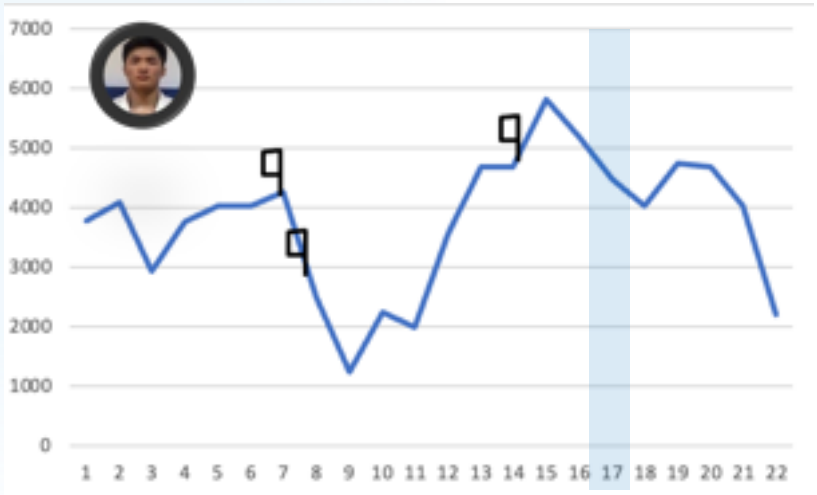
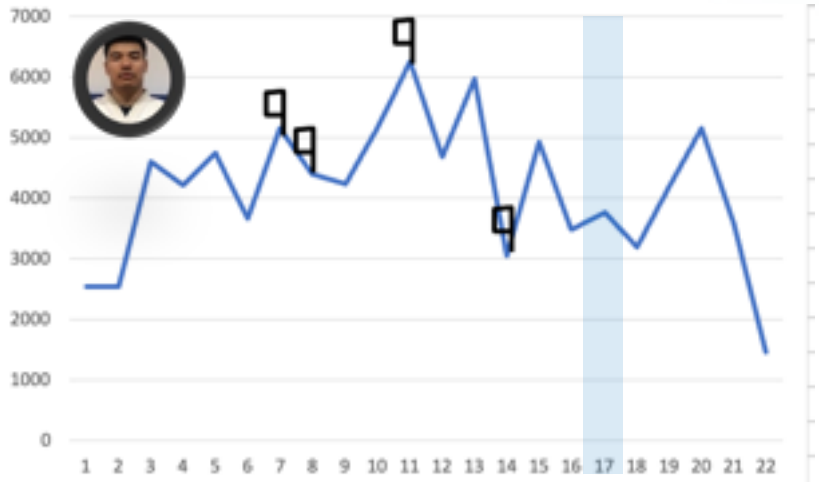
Comparision between ***Microcycle Training Load Intensity*** planned by the Coach and the intensity experienced by the athlete









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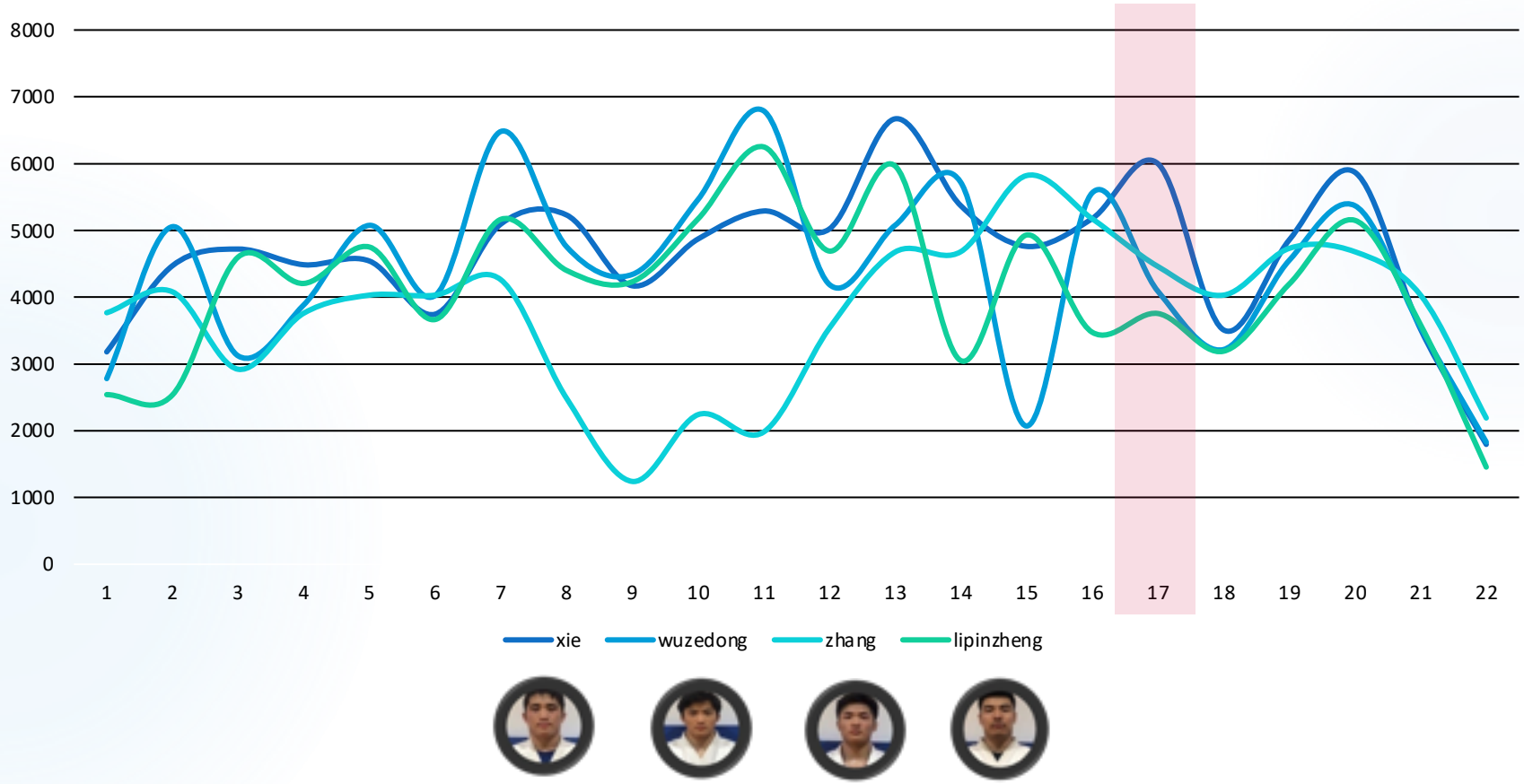
Comparision between ***Microcycle Training Load Intensity*** planned by the Coach and the intensity experienced by the athlete



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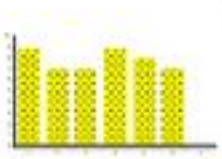
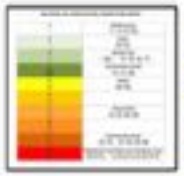
Comparision between *Session Training Load Intensity* planned by the Coach and the intensity experienced by the athlete

WEEKLY PLAN SHANGHAI JUDO


TEAM 团队: JUDO SHANGHAI | SEASON 季节: 2021

WEEK 周: 9-15 Aug | MICROCYCLE 微循环: 61-strikking

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' 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	
强度	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 弹力带打边 *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	REST 休息	15.00 GYM 健身房 *Warm up 热身* 10' Running 跑步 20' Uchi komi bands 弹力带打边 *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	REST 休息	REST 休息	
强度	3	4	0	3	4	0	0	
强度	9	7	7	9	8	7	0	47

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JUDO lab TRAINING

SPECIFIC HIGH INTENSITY INTERVAL TRAINING

Example


yakusoku geiko


fight for a shido


kumikata


transition newaza


nagekomi


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*

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JUDOlab TRAINING

SPECIFIC HIGH INTENSITY INTERVAL TRAINING

Example

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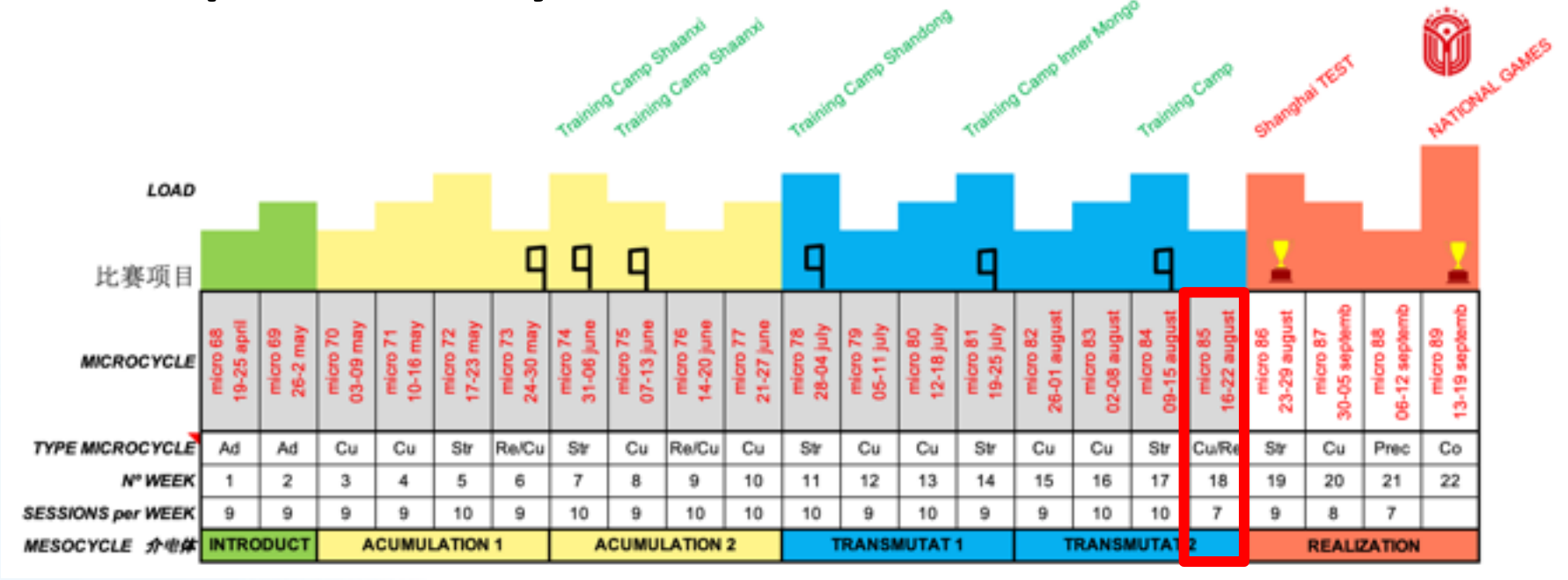
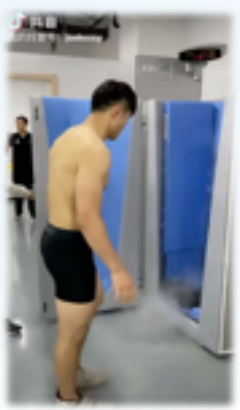
Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete



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 分中体	INTRODUCT		ACUMULATION 1				ACUMULATION 2				TRANSMUTAT 1				TRANSMUTAT 2				REALIZATION			

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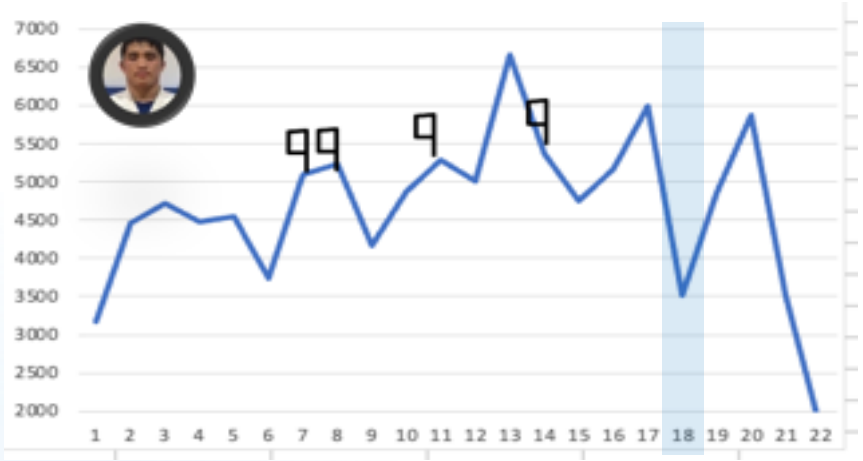
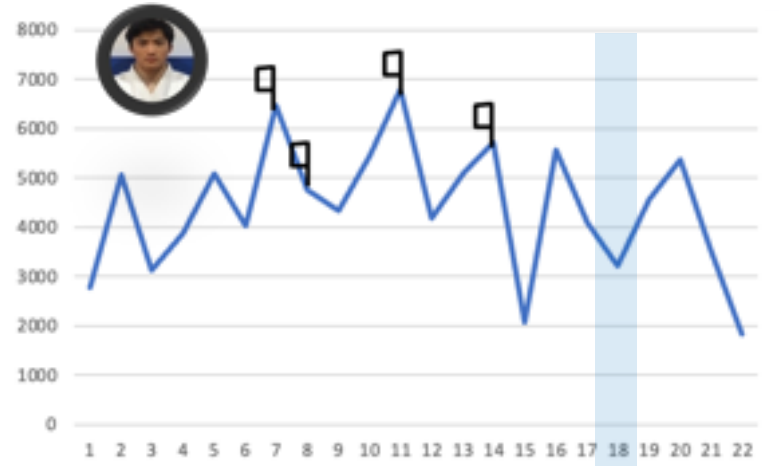
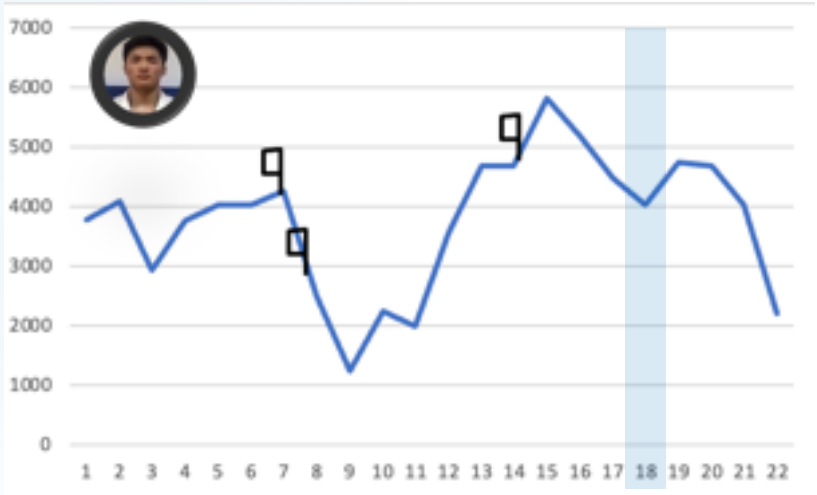
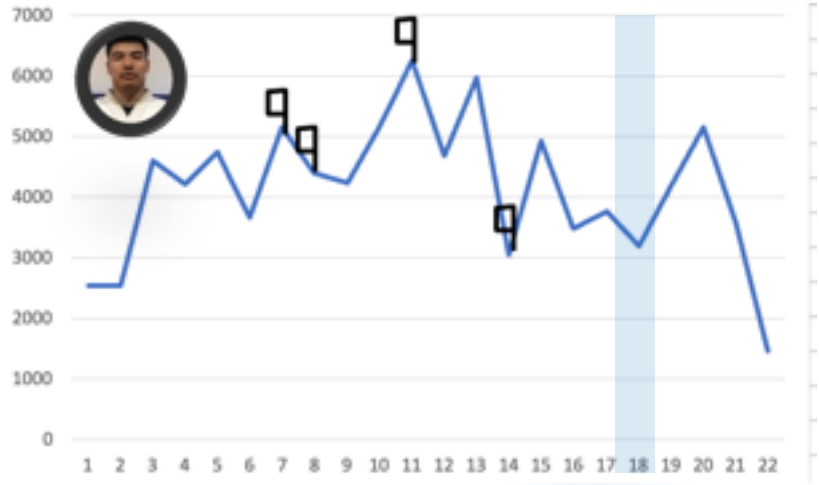
University of Tsukuba

Comparision between ***Microcycle Training Load Intensity*** planned by the Coach and the intensity experienced by the athlete









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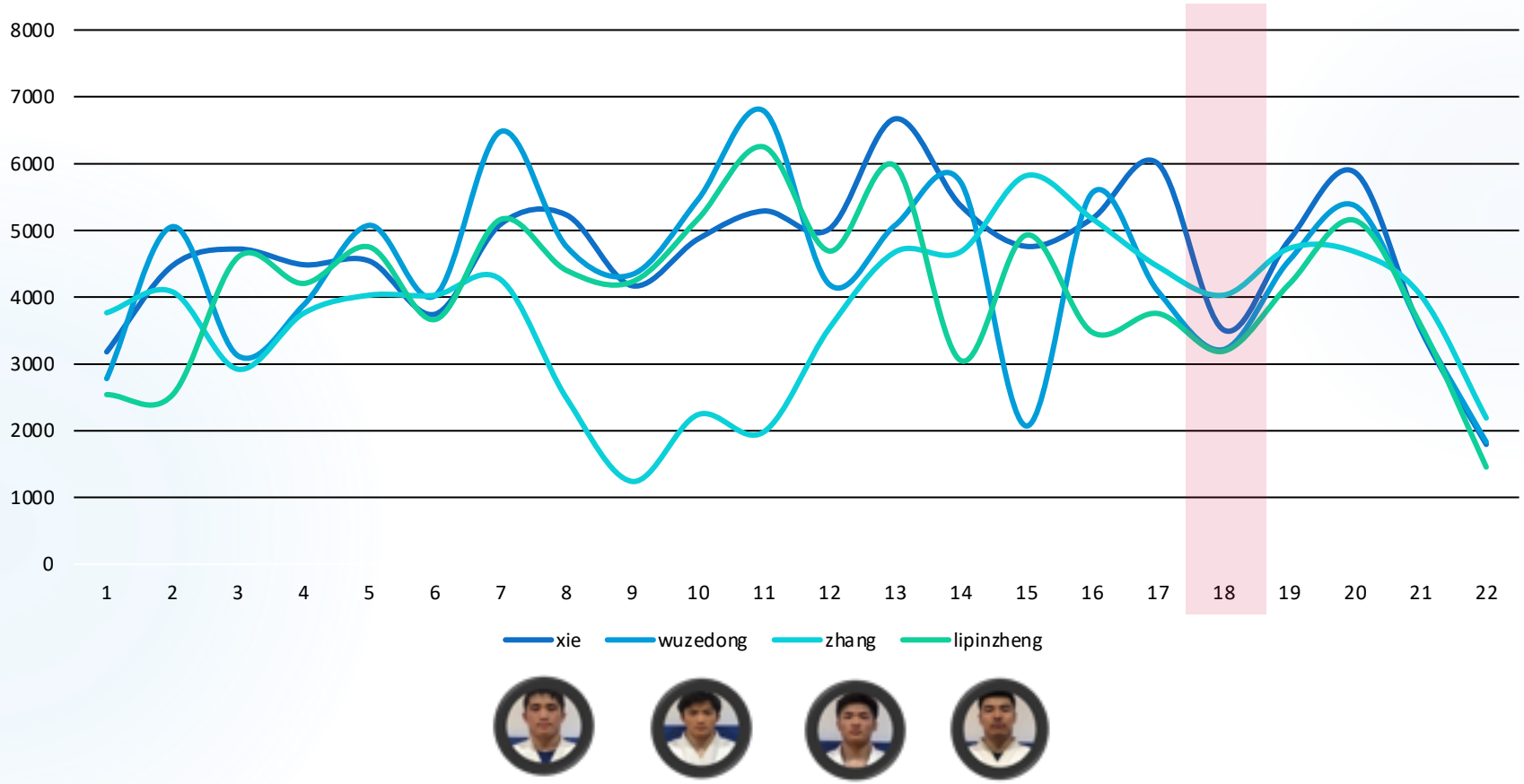
Comparision between ***Microcycle Training Load Intensity*** planned by the Coach and the intensity experienced by the athlete



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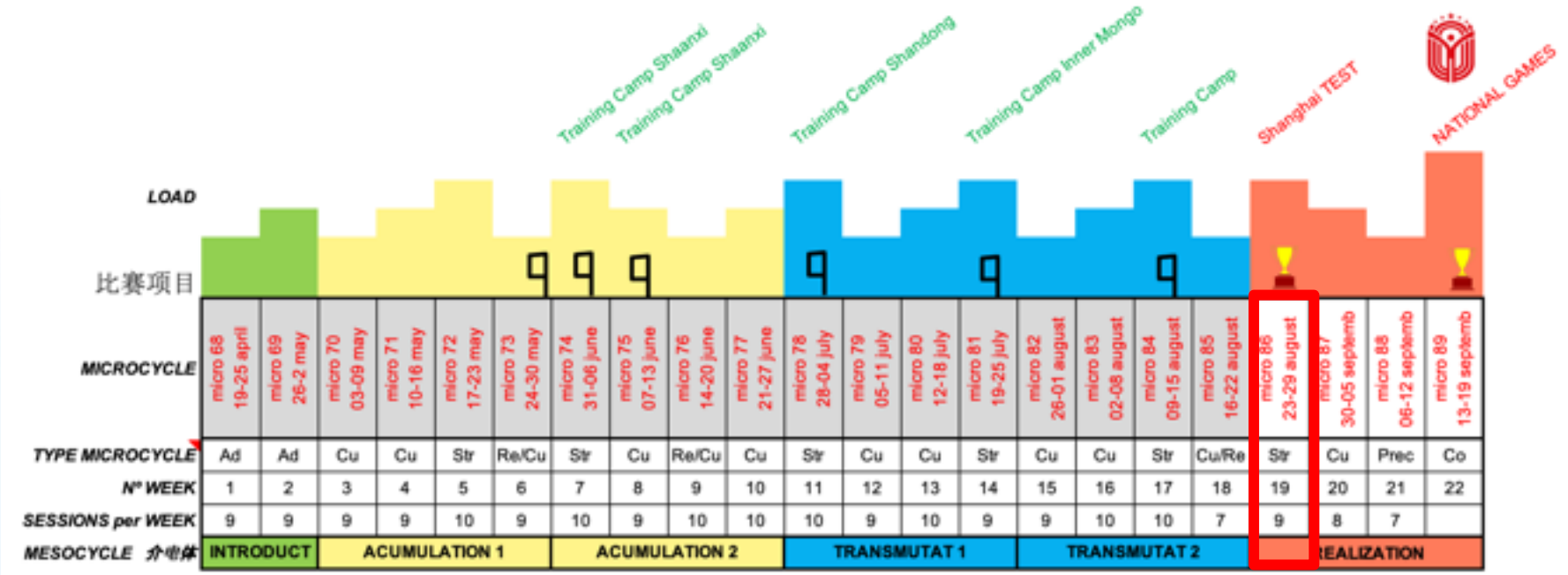
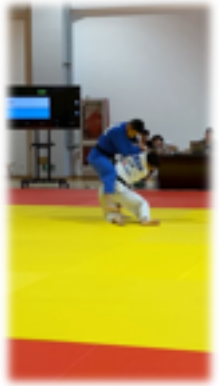
Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete



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
Nº 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	INTRODUCT		ACUMULATION 1				ACUMULATION 2				TRANSMUTAT 1				TRANSMUTAT 2					REALIZATION		

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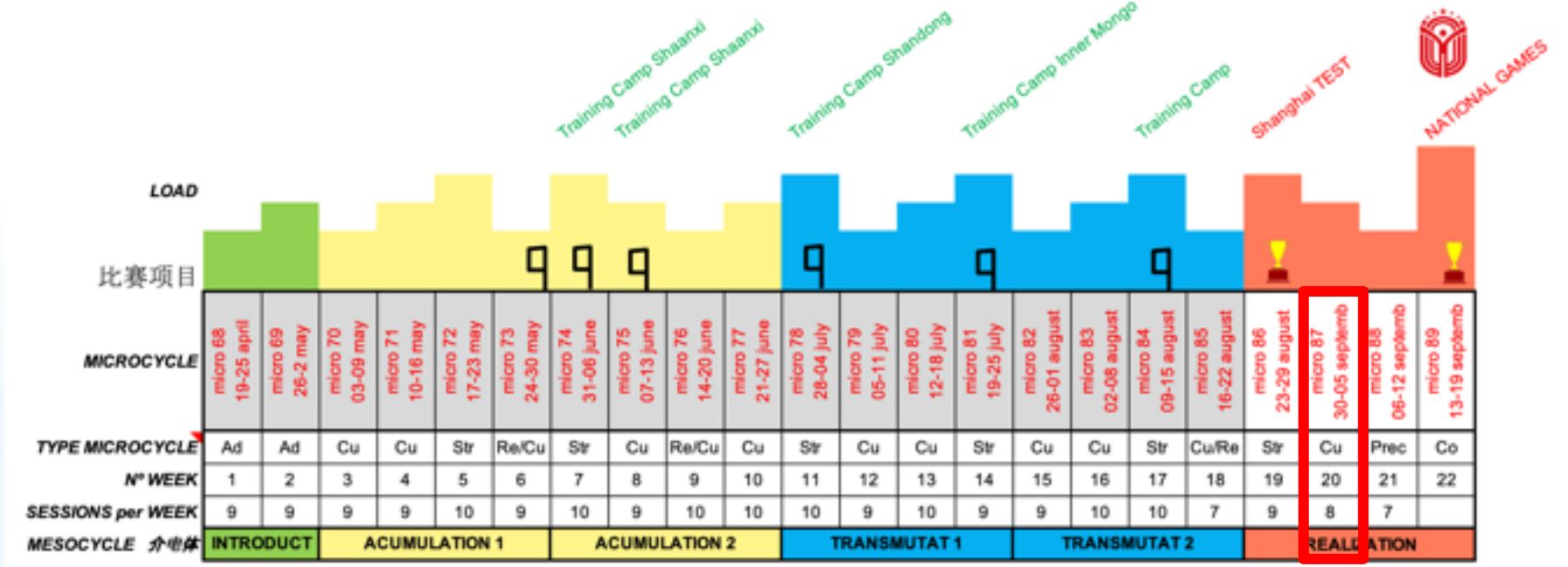
Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete



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	INTRODUCT		ACUMULATION 1				ACUMULATION 2				TRANSMUTAT 1				TRANSMUTAT 2					REALL ATION		

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Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete

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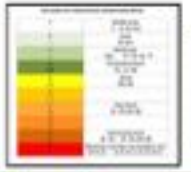
Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete

WEEKLY PLAN SHANGHAI JUDO

TEAM 团队: JUDO SHANGHAI | SEASON 季节: 2021
WEEK 周: 30-05 sept | MICROCYCLE 微循环: 64-cumul
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	
	REST 休息	09.00 JUDO 柔道 EXPLOSIVE TRAINING ladder drills 10' UK bands 弹力带打法 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 打法 YSG 20+20 连络技打法 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 circuiti training x 4 rou 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 弹力带打法 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	47

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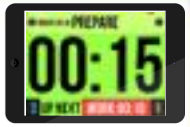
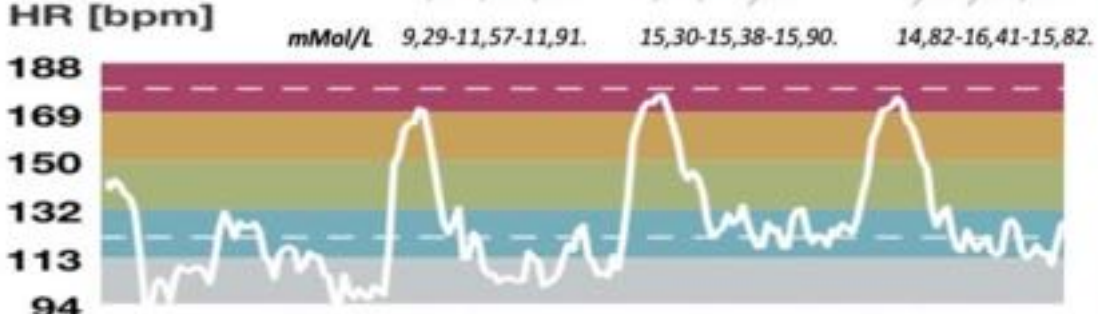
Comparision between ***Microcycle Training Load Intensity*** planned by the Coach and the intensity experienced by the athlete



SPECIAL JUDO FITNESS TEST

Application

Heart rate	172	178	176
Heart rate +1'	150	151	152
Num throws	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.
SJFT	13,42.	12,19	13,12



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

Judo specific circuit training

JUDO lab TRAINING

1. Yakusoku Geiko x 2
2. Kumikata x 2
3. Kakari Geiko x 2
3. Nage Komi x 2

W: 25'' R: 5'' Total time 4'

Example: 4 sets x 4' /R:1'




Judo specific circuit training

JUDO lab TRAINING

YSK yakusoku geiko
KK kumikata (grip fighting)
KG kakari geiko
NK nage komi

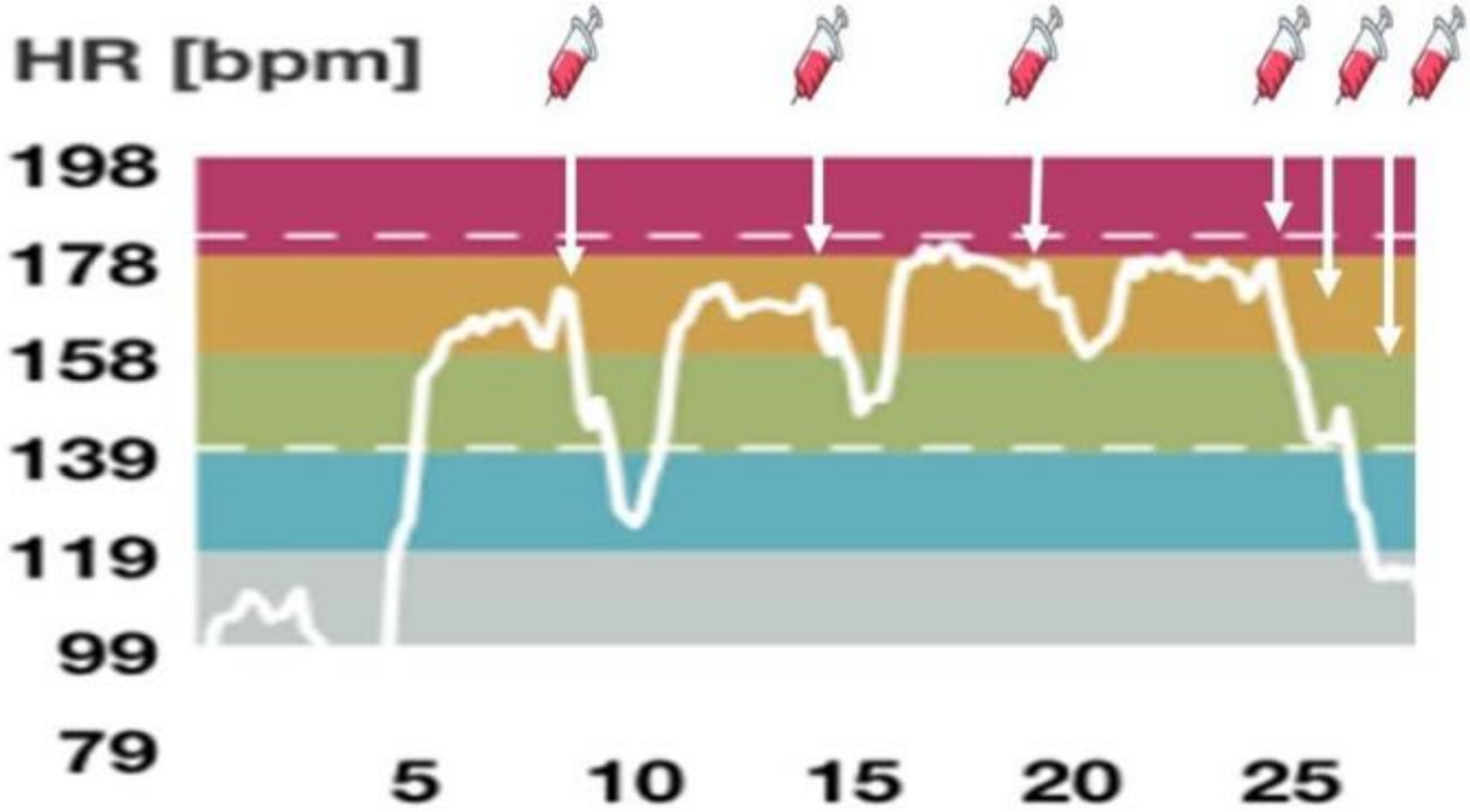
YSG 25''/R5'' YSG 25''/R5'' KK 25''/R5'' KK 25'' /R5'' KG 25''/R5'' KG 25''/R5'' NK 25''/R5'' NK 25''

1º SET (4 min) — Rest 1' — 2º SET (4 min) — Rest 1'

3º SET (4 min) — Rest 1' — 4º SET (4 min) — FINISH

https://judotraining.info/judotraining-lab/

Results



Lactate (mmol/L)

1º set: 4.64

2º set: #

3º set: 7.46

4º set: 6.67

3´ rec: 7.97

5 ´rec: 7.75

HR (bpm)

MAX: 182

% MAX: 92%

JUDOlab TRAINING

YADONG XIE

TEST LACTATE + 1X6'+1X3' 3:23 PM - Feb 25, 2021

HR AVG	HR MAX	CALORIES
70% 139 [bpm]	92% 182 [bpm]	1158 [kcal]
01:32:33	100 %	OTHER

TIME IN ZONES

WEEKLY PLAN SHANGHAI JUDO

15.00 JUDO 柔道

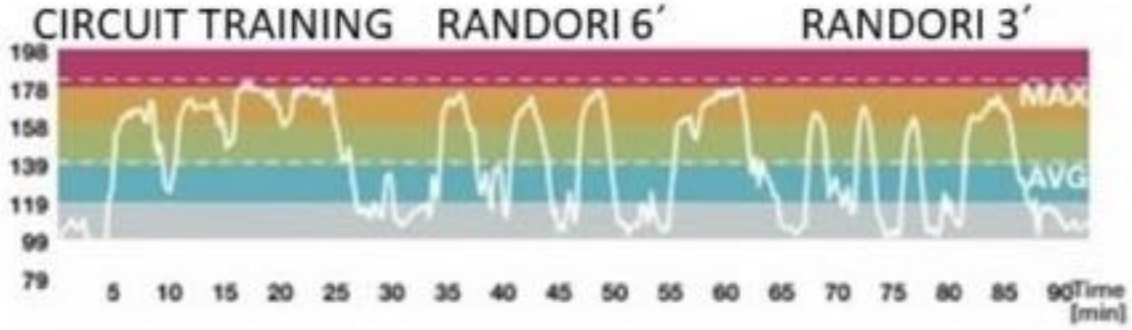
Warm up 热身 20´

Circ training 循环训练

4 x 4´

Randori TW group 4

投技实战 1x6´/1x3´



POLAR. POLAR. POLAR.

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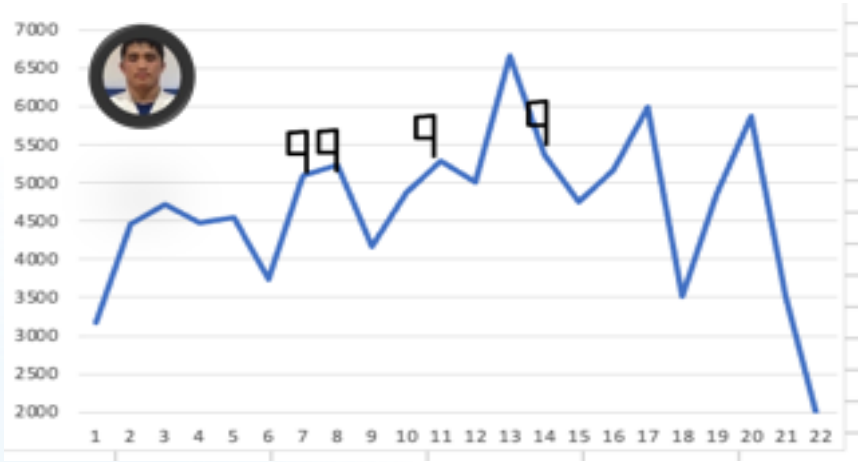
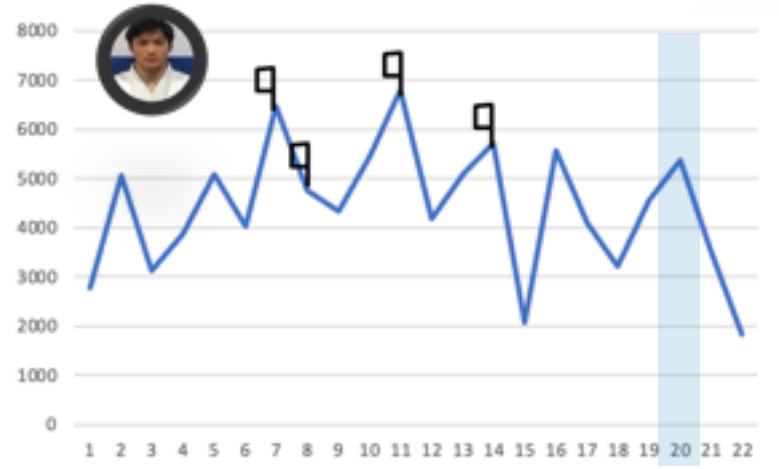
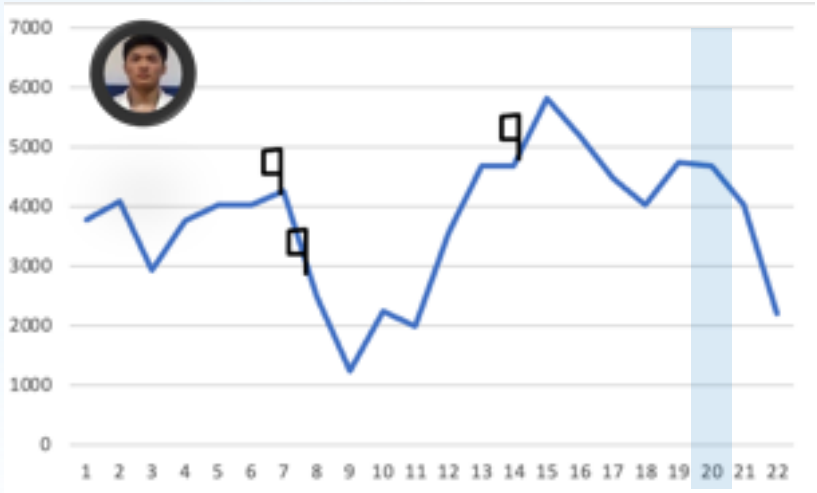
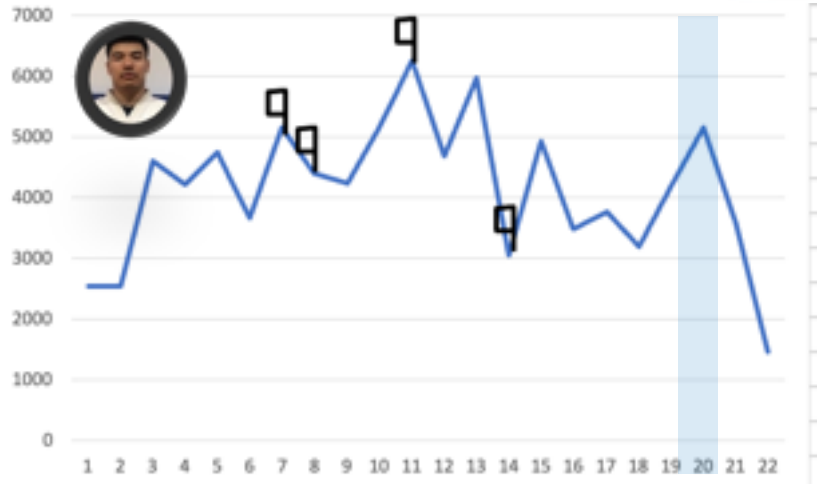
Comparision between ***Microcycle Training Load Intensity*** planned by the Coach and the intensity experienced by the athlete









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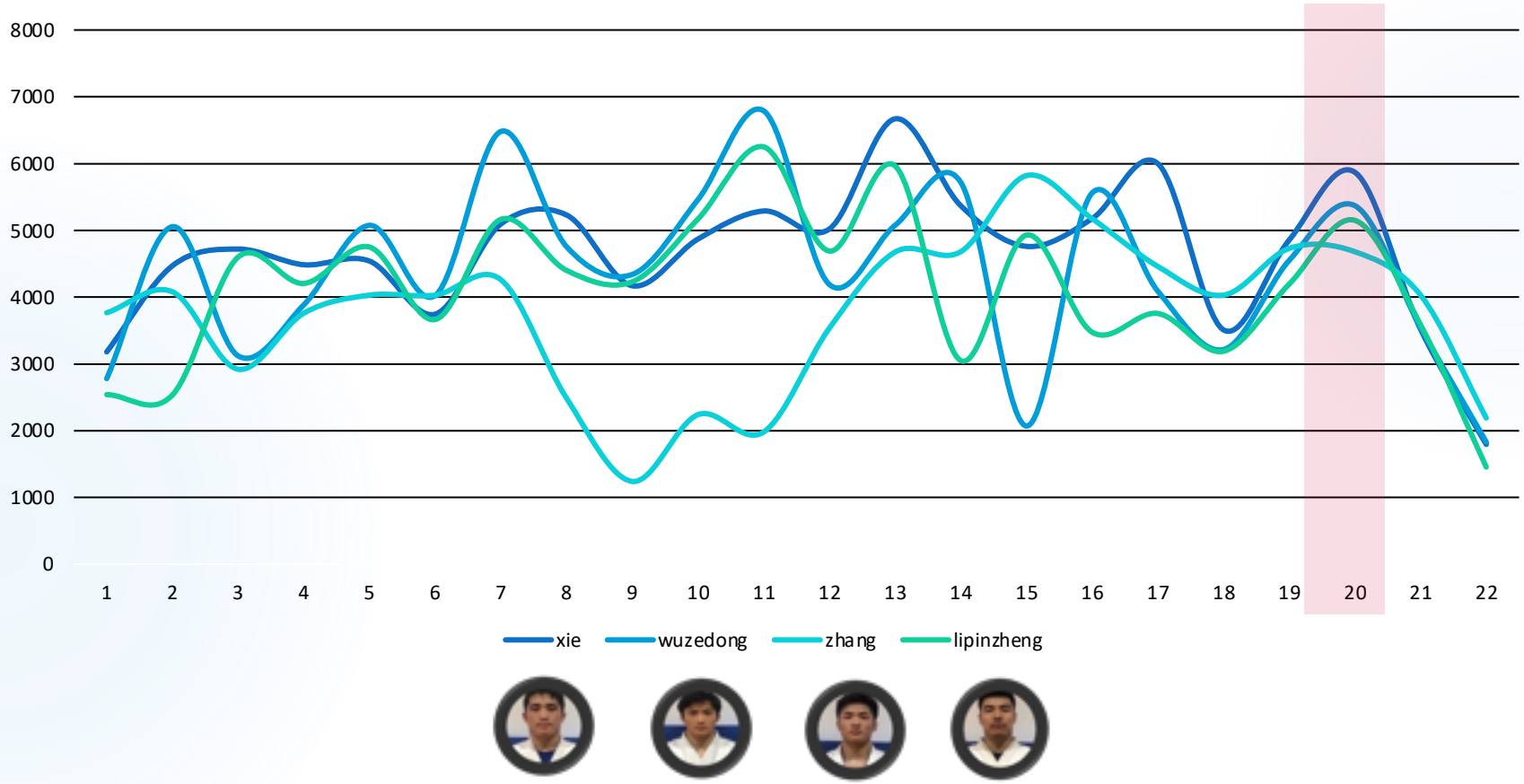
Comparision between ***Microcycle Training Load Intensity*** planned by the Coach and the intensity experienced by the athlete



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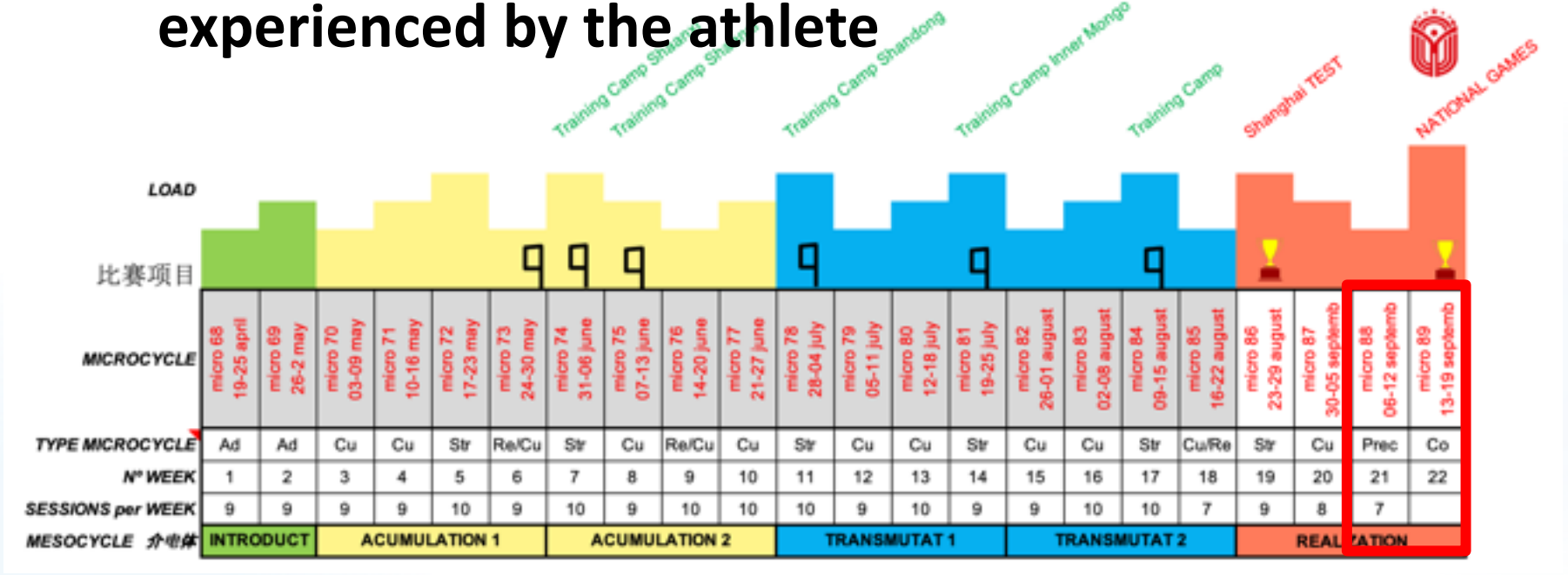
Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete



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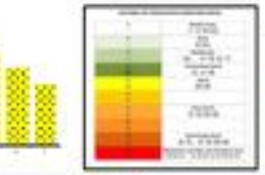
N° WEEK	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
SESSIONS per WEEK	9	9	9	9	10	9	10	9	10	10	10	9	10	9	9	10	10	7	9	8	7	
MESOCYCLE 介中体	INTRODUCT		ACUMULATION 1				ACUMULATION 2				TRANSMUTAT 1				TRANSMUTAT 2				REAL ATION			

筑波大学
University of Tsukuba

Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete

WEEKLY PLAN SHANGHAI JUDO



TEAM 团队: JUDO SHANGHAI | SEASON 季节: 2021
WEEK 周: 06-12 Sept | MICROCYCLE 微循环: 65-cumul
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
	REST 休息	09.00 JUDO 柔道 *Warm up 热身 15´* UK 3 打込 YSG 20+20 连续技打込 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 circuiti training x 3 rounds Randori NW attack/def	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´KG 3x3´/1´ 3x1´+30" NK 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			0	2		
强度	5	6	5	0	6	5	4

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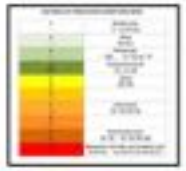
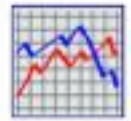
Comparision between *Microcycle Training Load Intensity* planned by the Coach and the intensity experienced by the athlete

WEEKLY PLAN SHANGHAI JUDO

TEAM 团队: JUDO SHANGHAI | SEASON 季节: 2021

WEEK 周: 13-19 Sept | MICROCYCLE 微循环: 66-compet

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
VIAJE SHANGHAI-XIAN 2 h vuelo +3 h bus	10.00 JUDO 柔道 *Warm up 热身 15 '* YSG+NK+NW 3x1 uke right/left 3x40" uke upper right/l 3 x 30" Nagekomi	09.00 GYM *Warm up 热身 15 '* Circuito aerobico 20' Ejerciicos explosividad 3 x 8 rps medball throw uk bands 1 h	09.00 JUDO 柔道 *Warm up 热身 15 '* YSG 3 x 1 KUMIKATA 3 x 30" NAGE KOMI 3 x 30" 2 series, con rivales 1 y 2 ronda 1 h	*10.00 COMPETICION* *XIE, WU, ZHANG*	10.00 COMPETICION LI PINZHENG	REST 休息
强度	4	2	3			0
17.00 GYM Mobility Uchikomi Stretching 30' easy training	REST 休息	16.00 JUDO 柔道 *Warm up 热身 15 '* YSG+NK+NW 3x1 uke right/left 3x40" uke upper right/left 3 x 30" Nagekomi	REST 休息 19. WEIGHT IN XIE,WU ZHANG	REST 休息 19.00 WEIGHT IN LI	REST 休息	REST 休息
强度 2	0	4				
强度 2	4	6	3			36

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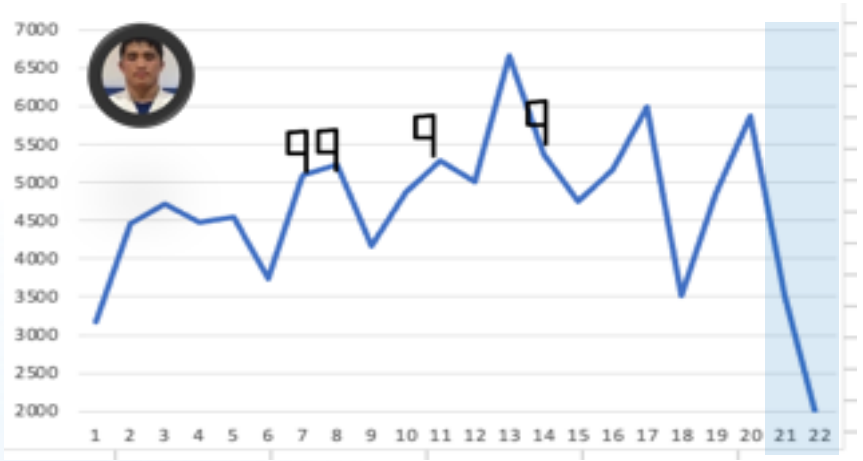
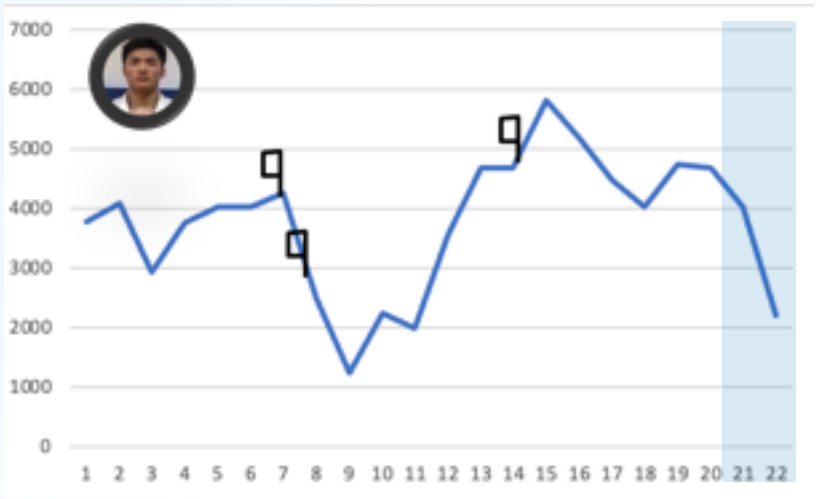
Comparision between ***Microcycle Training Load Intensity*** planned by the Coach and the intensity experienced by the athlete





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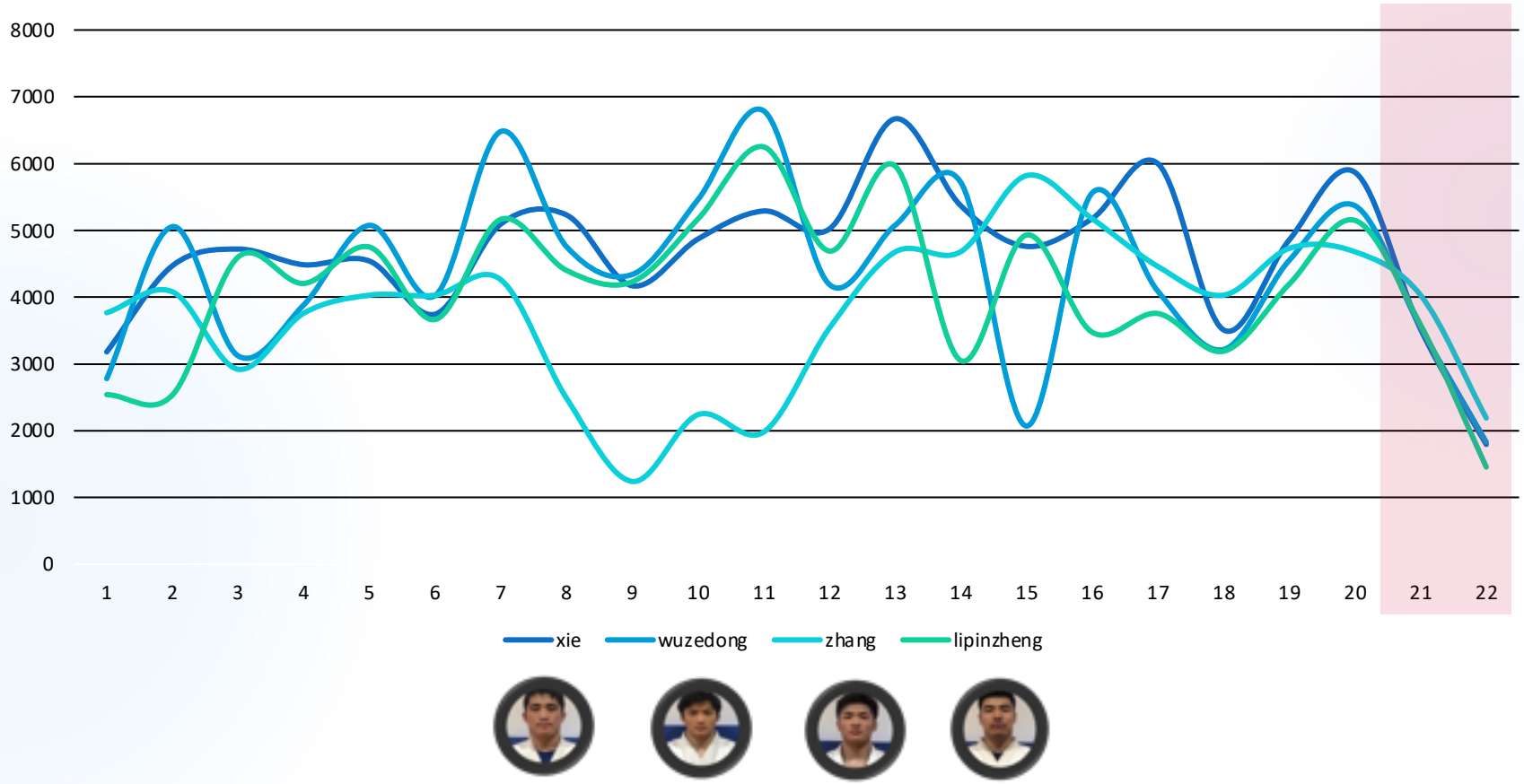

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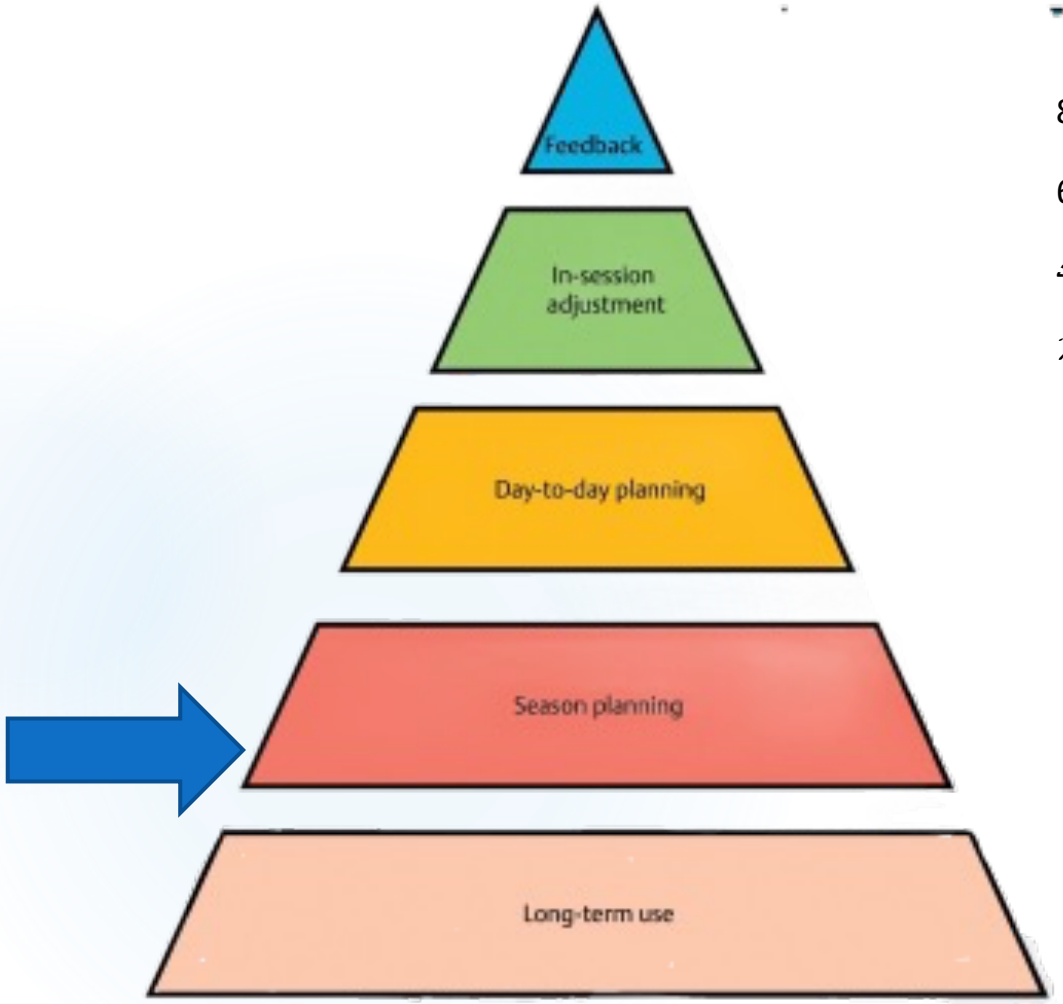
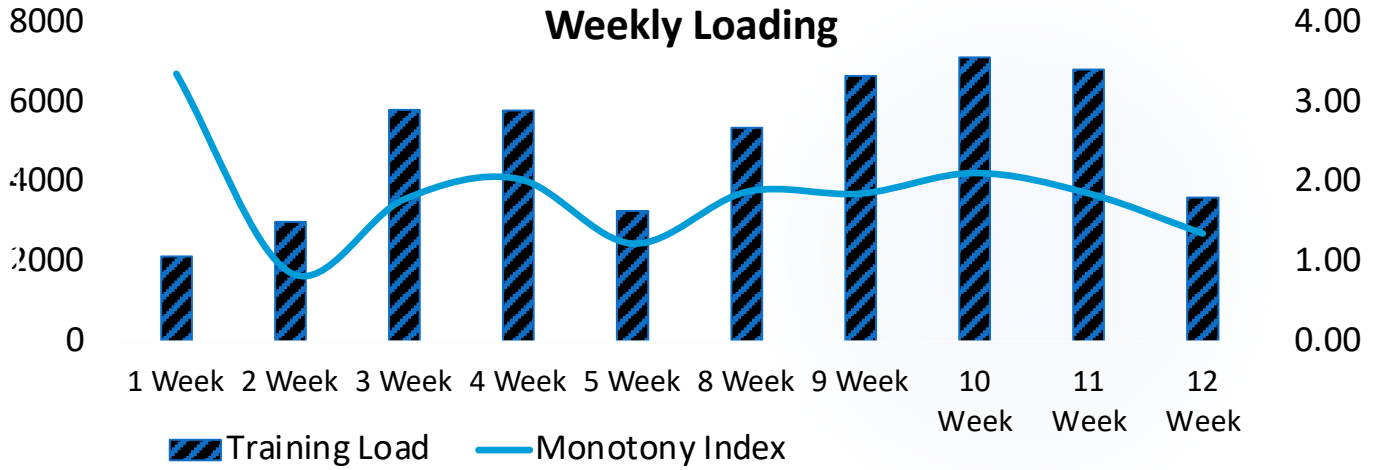
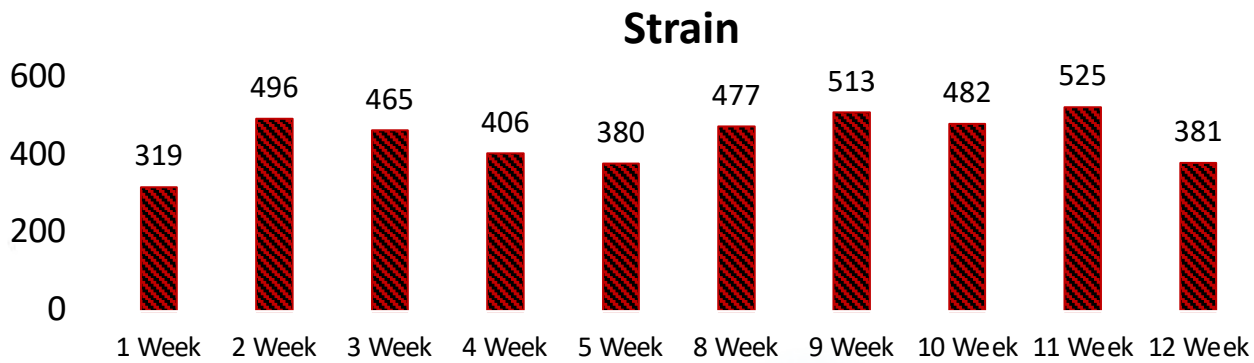
Practical applications







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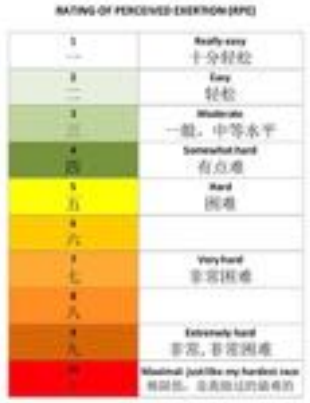

Training Camp Shaanxi
Training Camp Shaanxi
Training Camp Shandong
Training Camp Inner Mongo
Training Camp
Shanghai TEST
NATIONAL GAMES

LOAD

比赛项目

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
Nº 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	INTRODUCT		ACUMULATION 1				ACUMULATION 2				TRANSMUTAT 1				TRANSMUTAT 2				REALIZATION			

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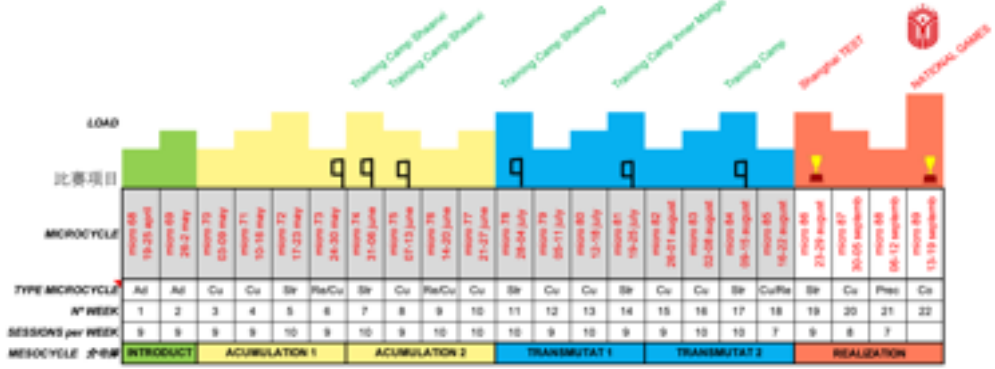
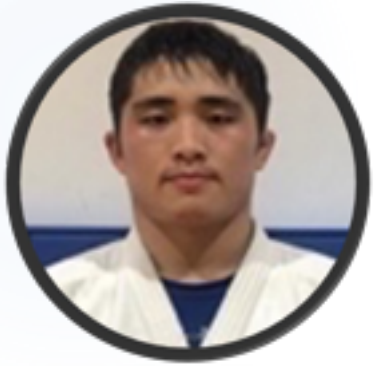
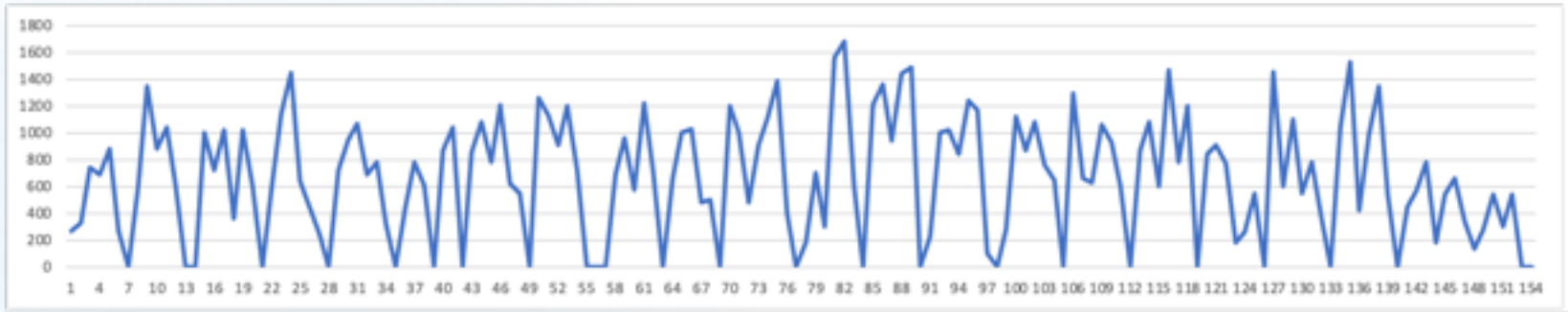
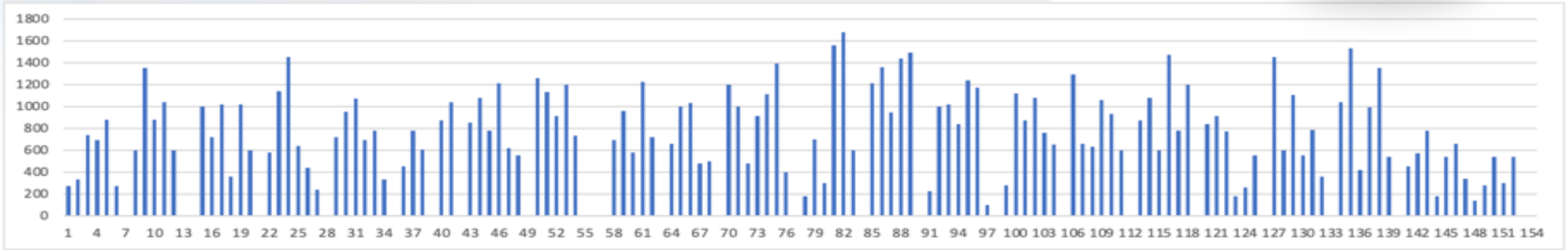
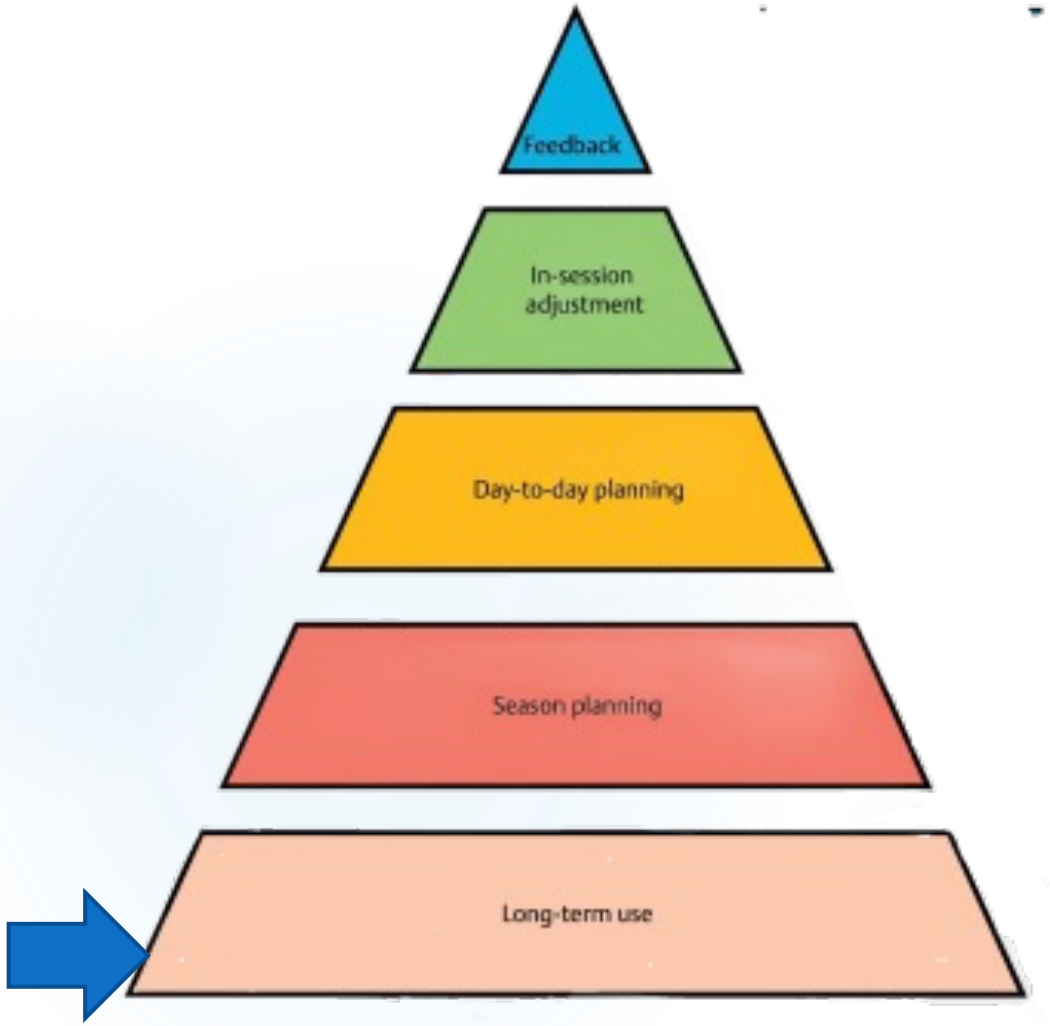


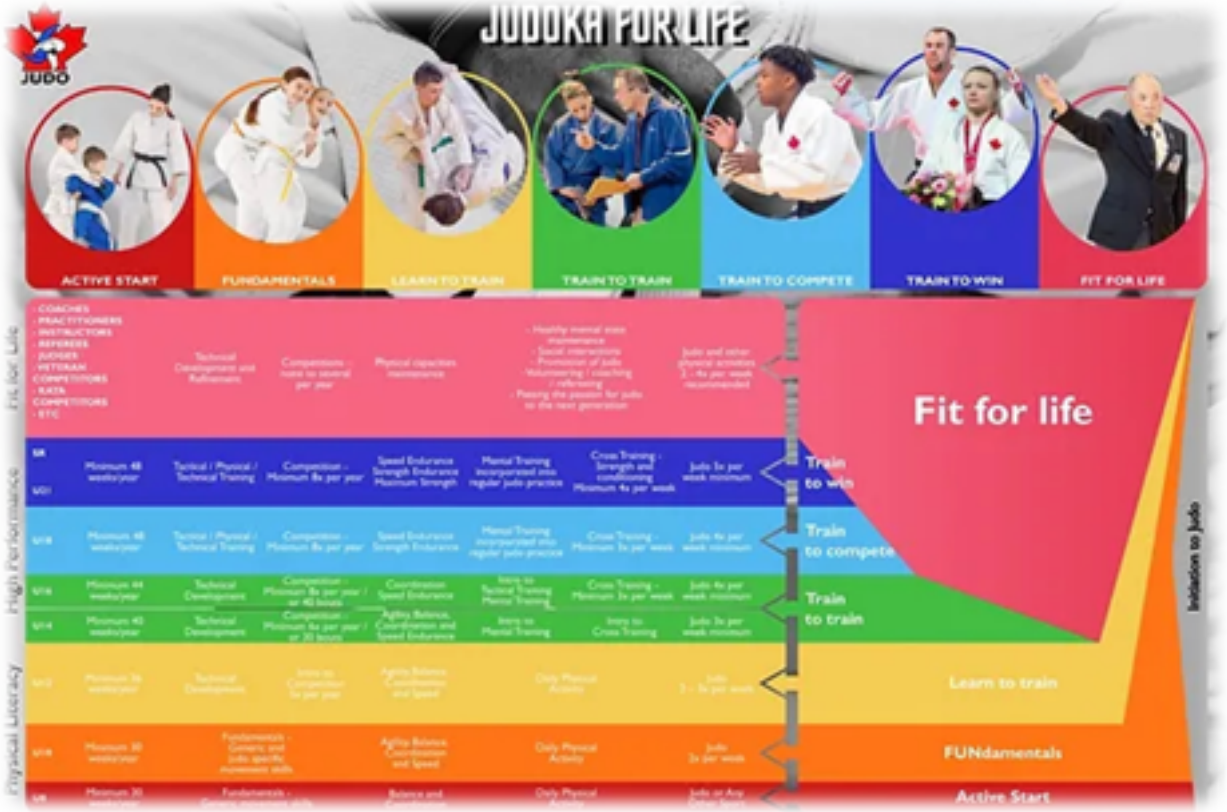






Practical applications





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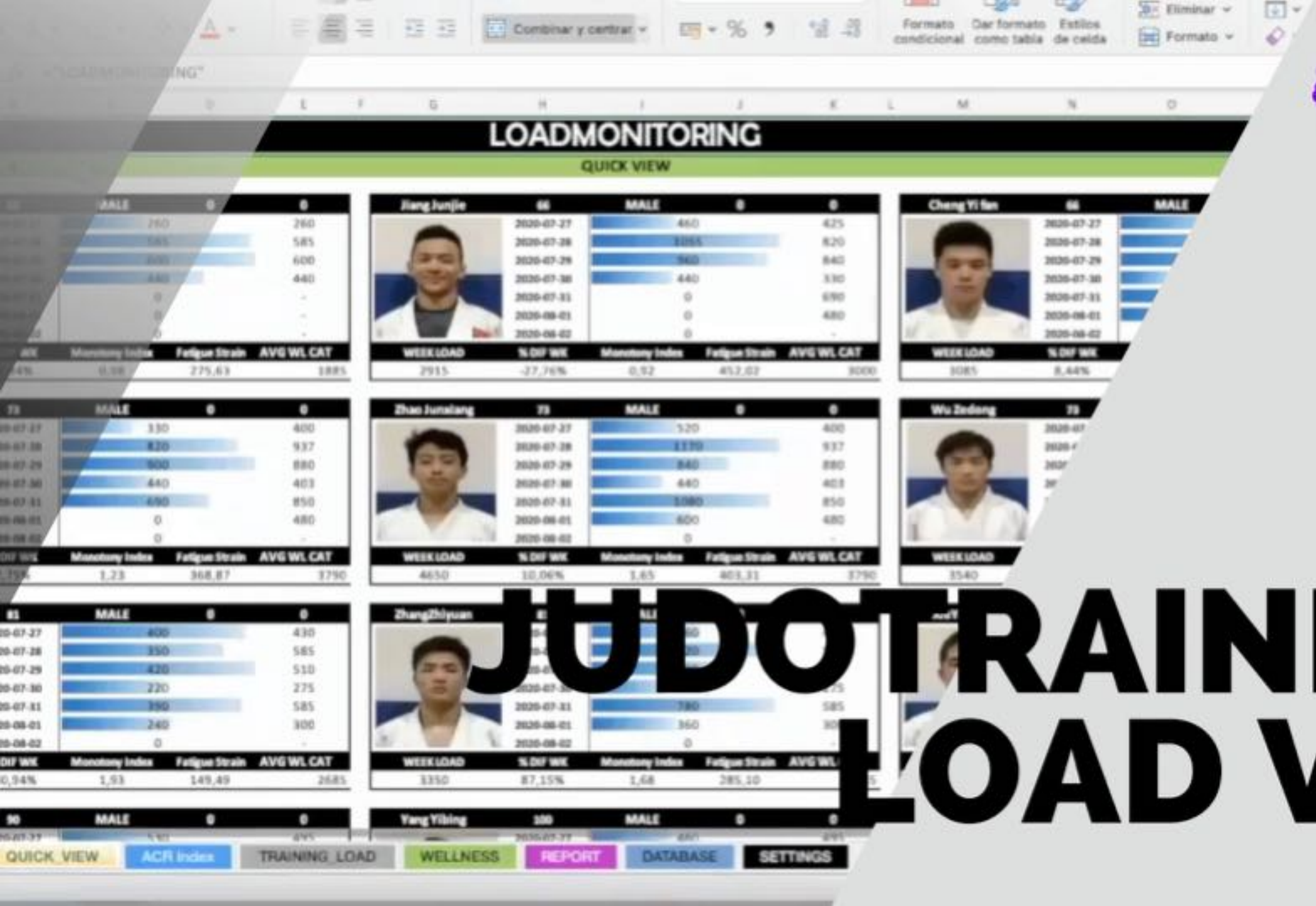

JUDO TRAINING LOAD V1.0

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Judotraining Load V1.0, an excel sheet to control training load and take your's team performance to the next level.

JUDO TRAINING

JudoTraining Load V1.0

User's guide

Felipe Sanchez
Founder & CEO Judotraining

JUDO TRAINING

Training Load

Adjusting ***training workload*** and assessing its effects are essential to achieve positive physiological adaptations and enhanced perfor-mance. 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.

»

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

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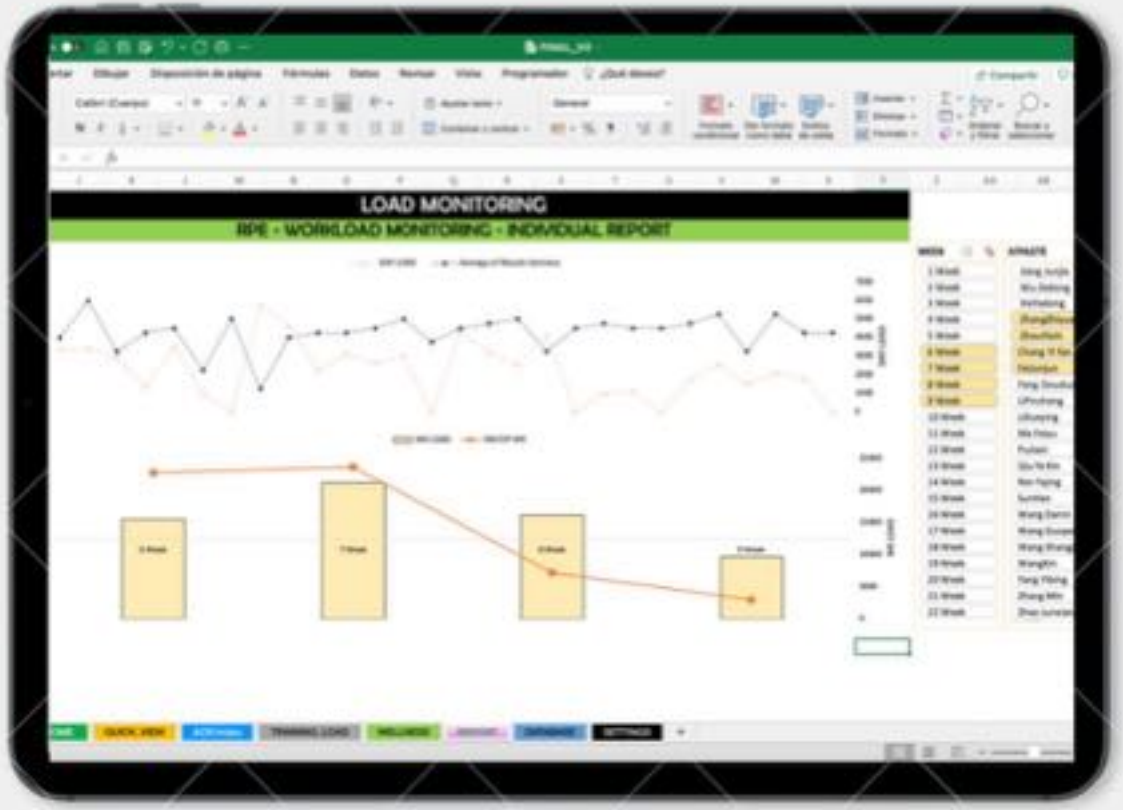
JudoTraining Load V1.0

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

01 Monitoring the training load of your athletes

02 Understand what is happening and know your athletes better



03 Make decisions according the data analysis

04 Take your's team performance to the next level

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Calculate easily...

Data calculated with JudoTraining Load V1.0

JUDO TRAINING

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

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.

JUDO TRAINING

1. Menu

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

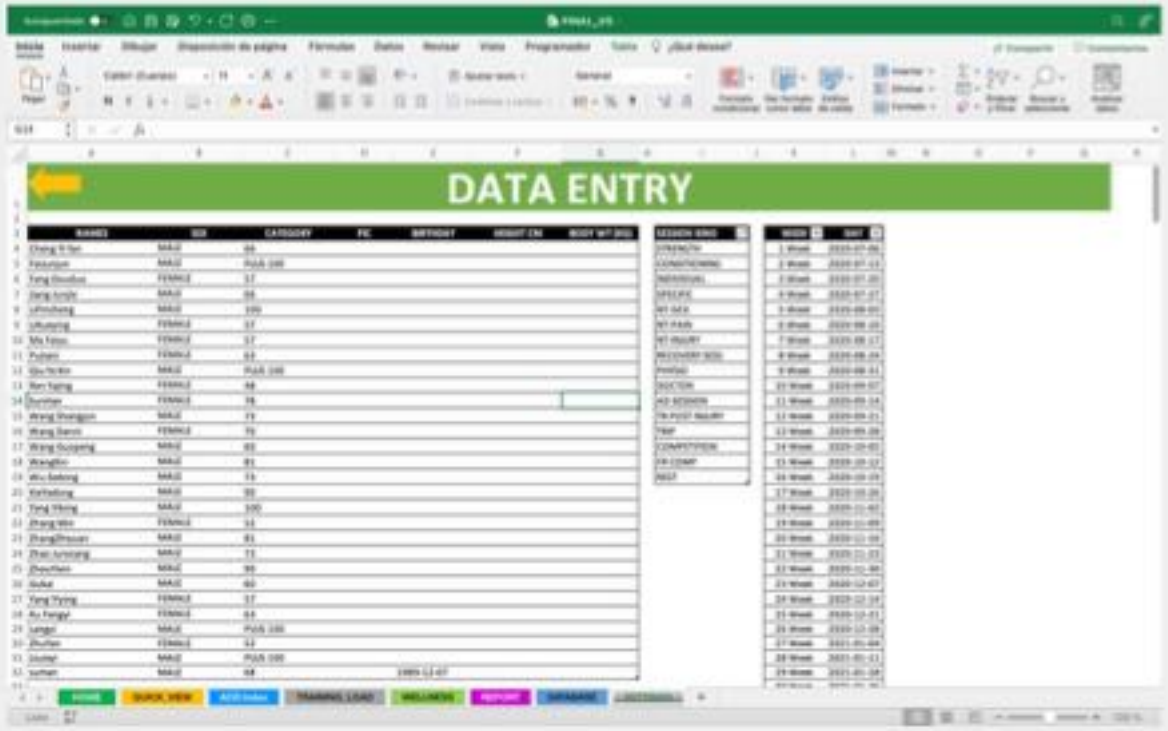
TIP

Click on this buttom to go back to this sheet MENU

JUDO TRAINING

2. Settings

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	SEX	CATEGORY	PIC	BIRTHDAY	HEIGHT CM	BODY WT (KG)
Cheng Yi fan	MALE	66				
FeiJunjun	MALE	PLUS 100				
Feng Douduo	FEMALE	57				
Jiang Junjie	MALE	66				
LiPinzheng	MALE	100				
LiXueying	FEMALE	57				
Ma Feiyu	FEMALE	57				
Puliani	FEMALE	63				
Qiu Ye Xin	MALE	PLUS 100				

SESSION KIND
STRENGTH
CONDITIONING
INDIVIDUAL
SPECIFIC
NT-SICK
NT-PAIN
NT-INJURY
RECOVERY SESS
PHYSIO
DOCTOR
AD SESSION
TR POST INJURY
TRIP
COMPETITION
FR COMP
REST

» Si quieres cambiar el tipo de sesión que realizas con tus atletas puedes hacerto aquí, o si quieres escribirlos en otro idioma.

« En esta columna puedes cambiar las fechas de los microciclos (semanas) según tu planificación..

WEEK	DAY
1 Week	2020-07-06
2 Week	2020-07-13
3 Week	2020-07-20
4 Week	2020-07-27
5 Week	2020-08-03
6 Week	2020-08-10
7 Week	2020-08-17
8 Week	2020-08-24
9 Week	2020-08-31
10 Week	2020-09-07
11 Week	2020-09-14
12 Week	2020-09-21
13 Week	2020-09-28
14 Week	2020-10-05
15 Week	2020-10-12
16 Week	2020-10-19

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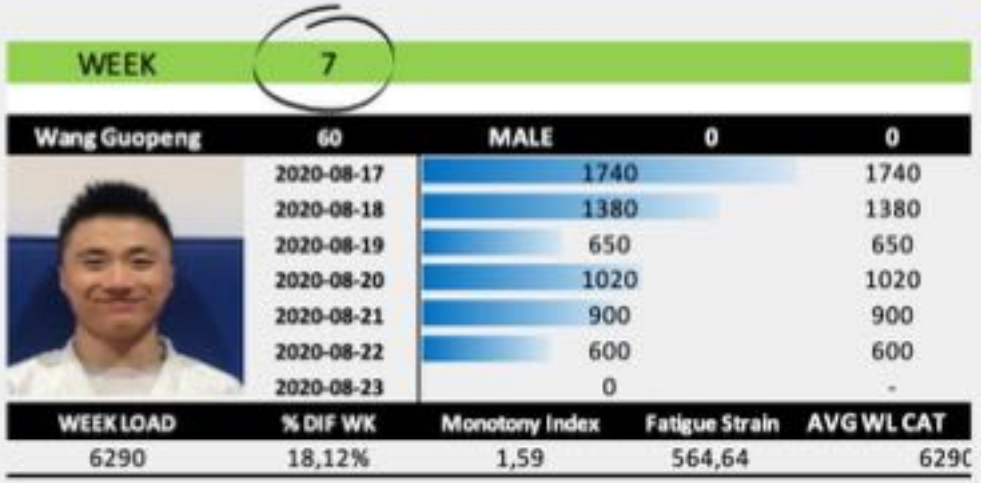
3. Quick view

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.

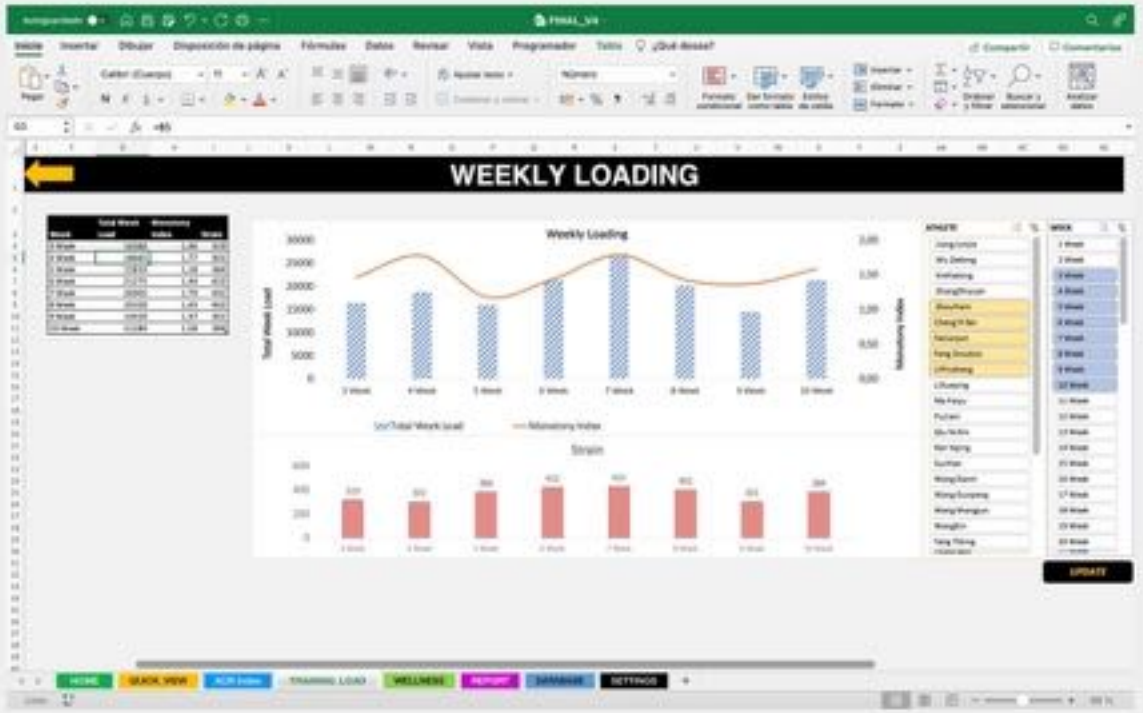


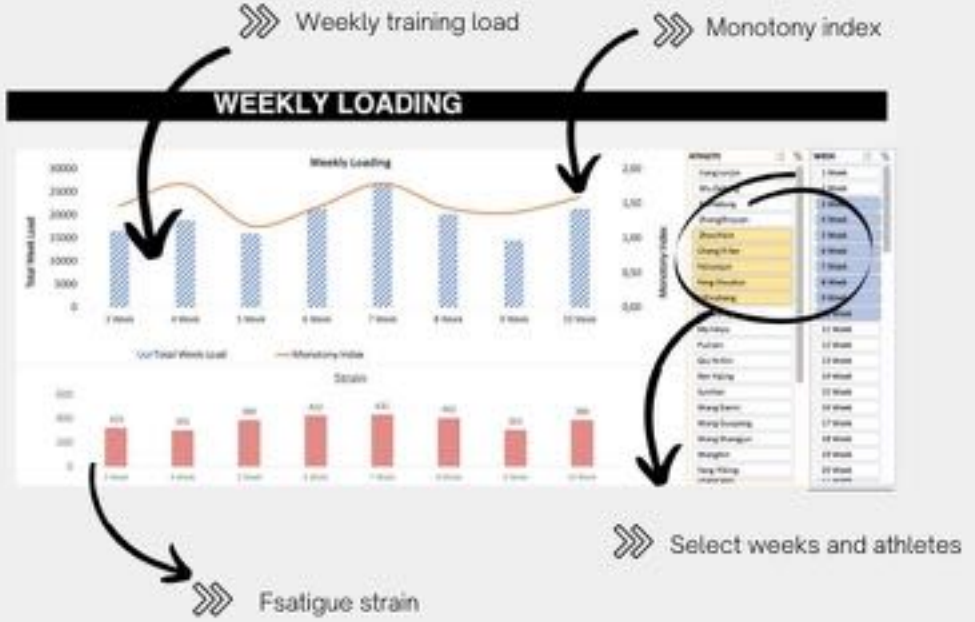
In this graph you also can see the ***daily training load,*** the ***weekly training load***, the ***difference of weekly training load (%)***, ***monotony index, fatigue strain*** and the ***average weekly workload*** in his same weight category.

JUDO TRAINING

4. Training load

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





IMPORTANT:
Don't forget to click on the buttom UPDATE **UPDATE**

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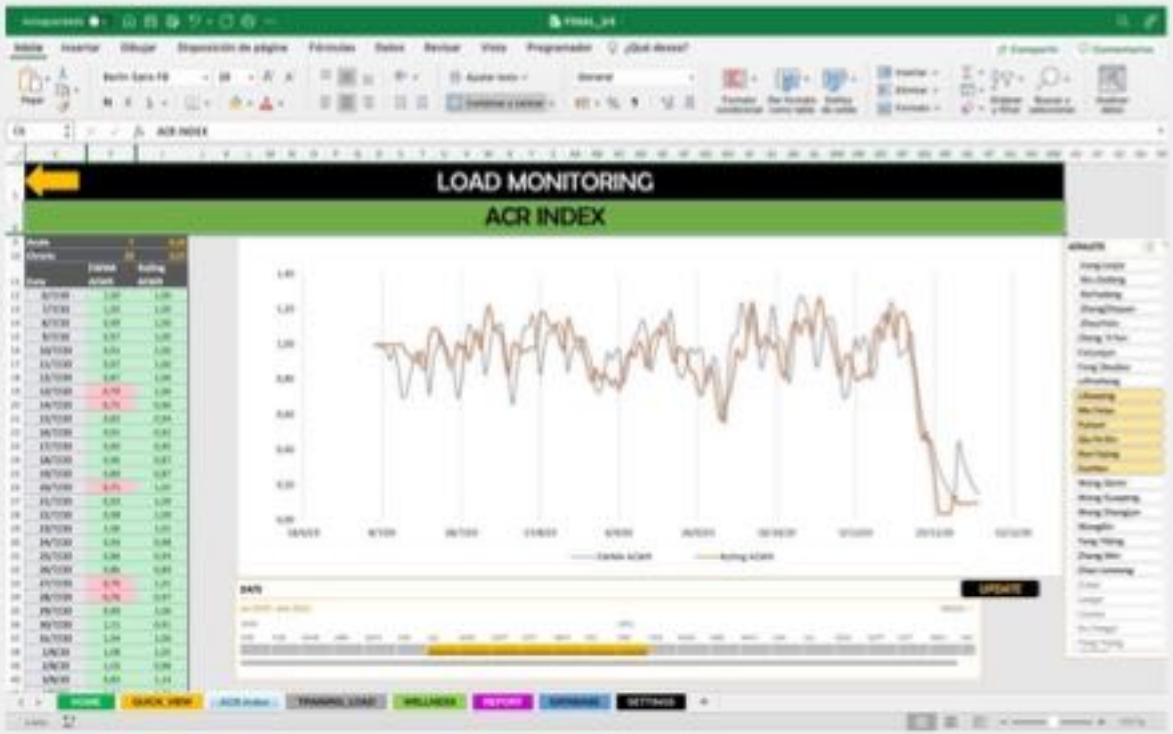
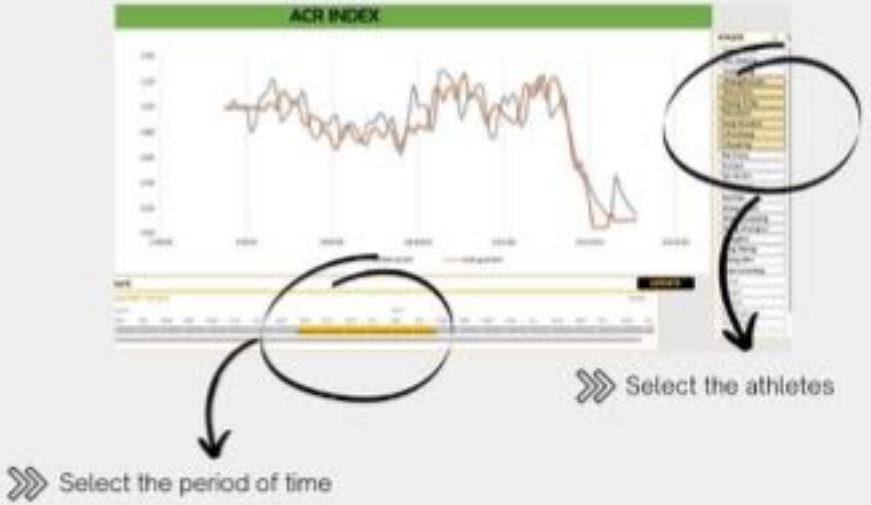
5. ACWR

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





IMPORTANT:
Don't forget to click on the buttom
UPDATE **UPDATE**

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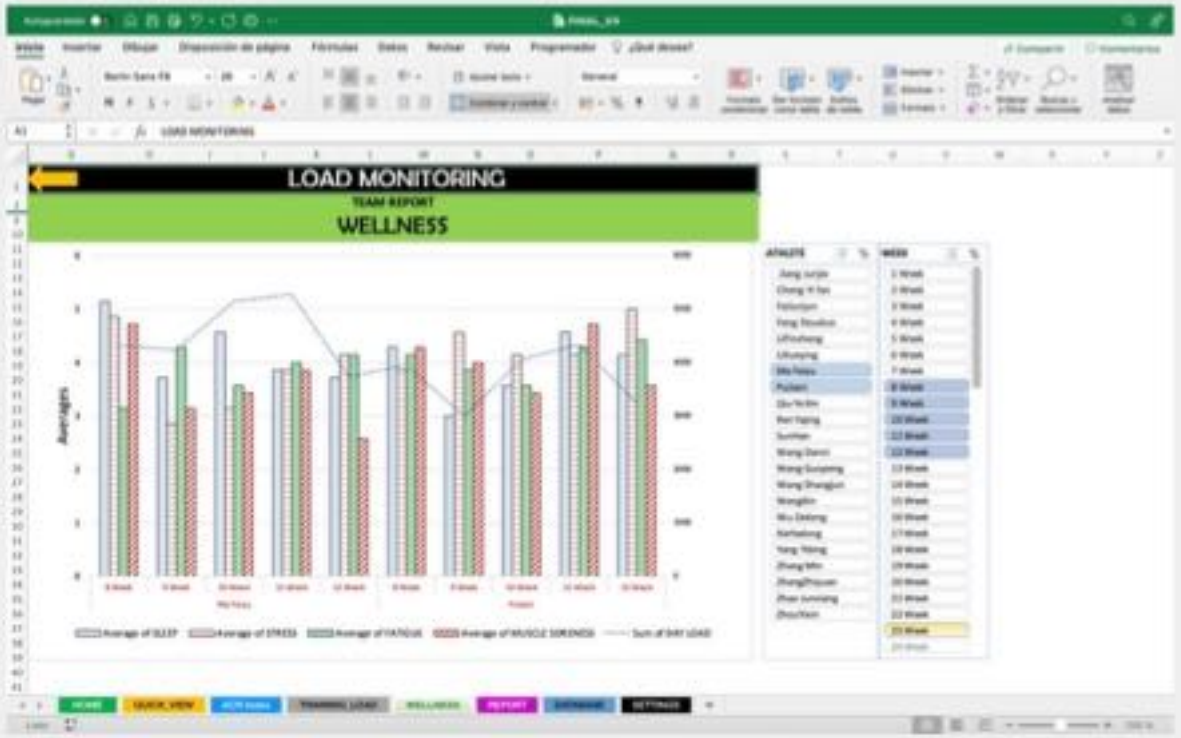
6. Wellness

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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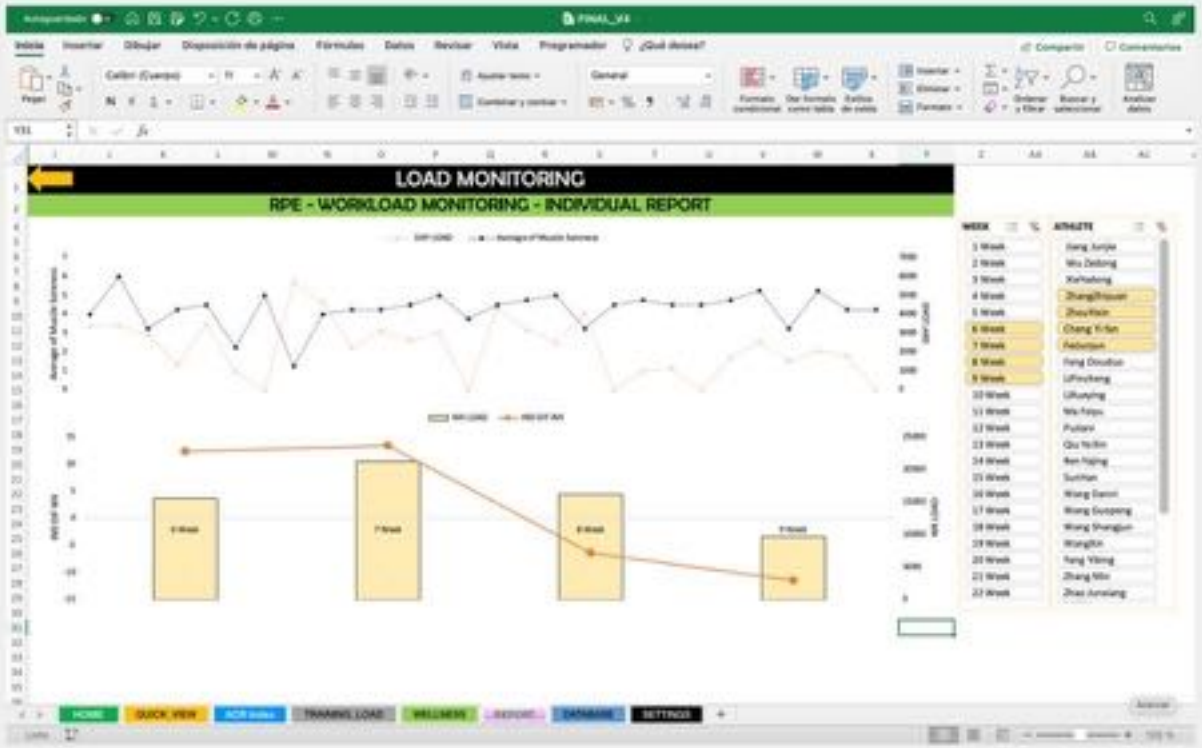
7. Report



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.

Daily training load and muscle soreness

Differences in weekly training load (%)

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

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

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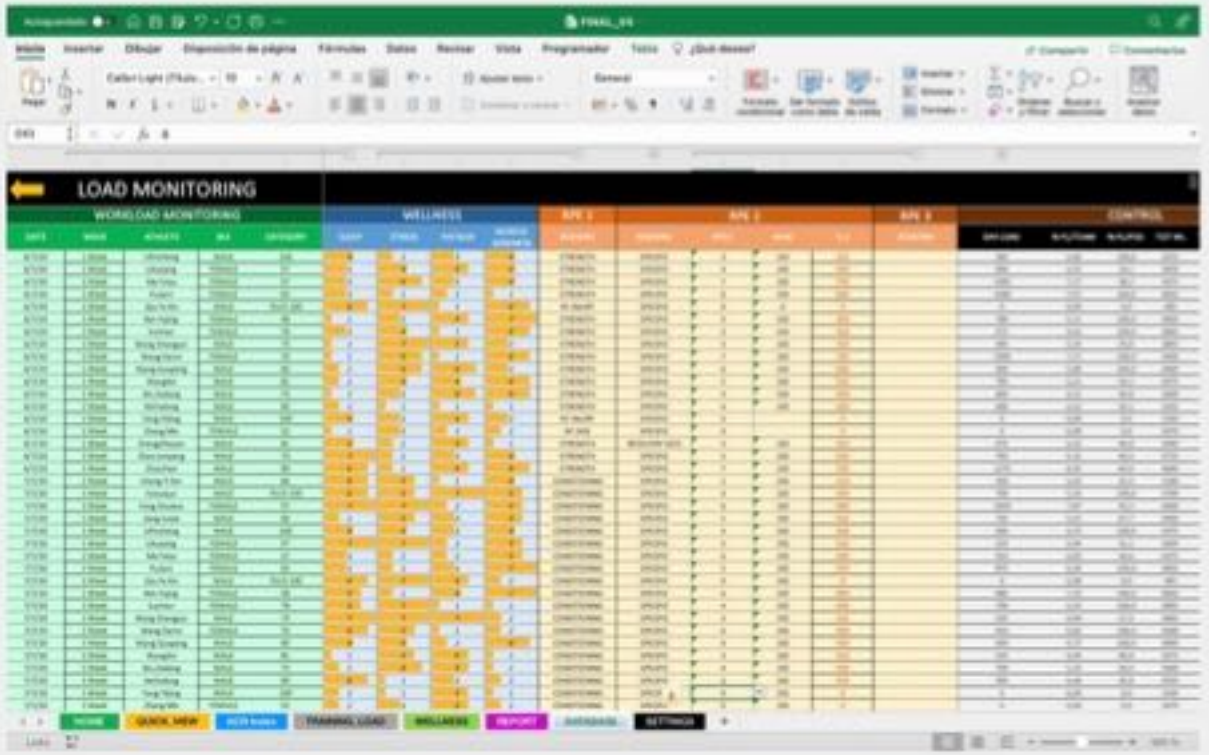
8. Database



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

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CONCLUSIONS
結論

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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 training-load/fatigue and injuries***

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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***.

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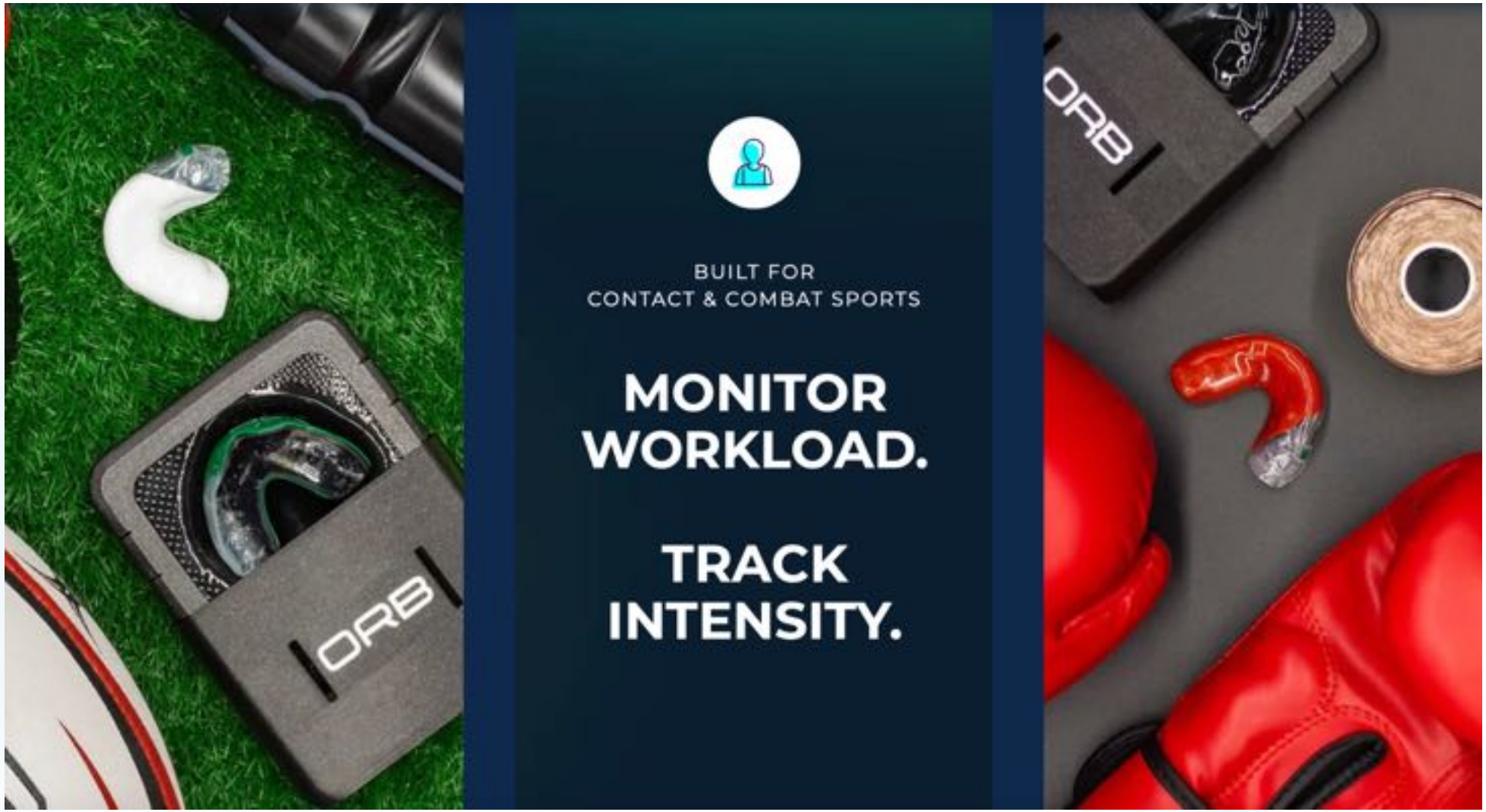

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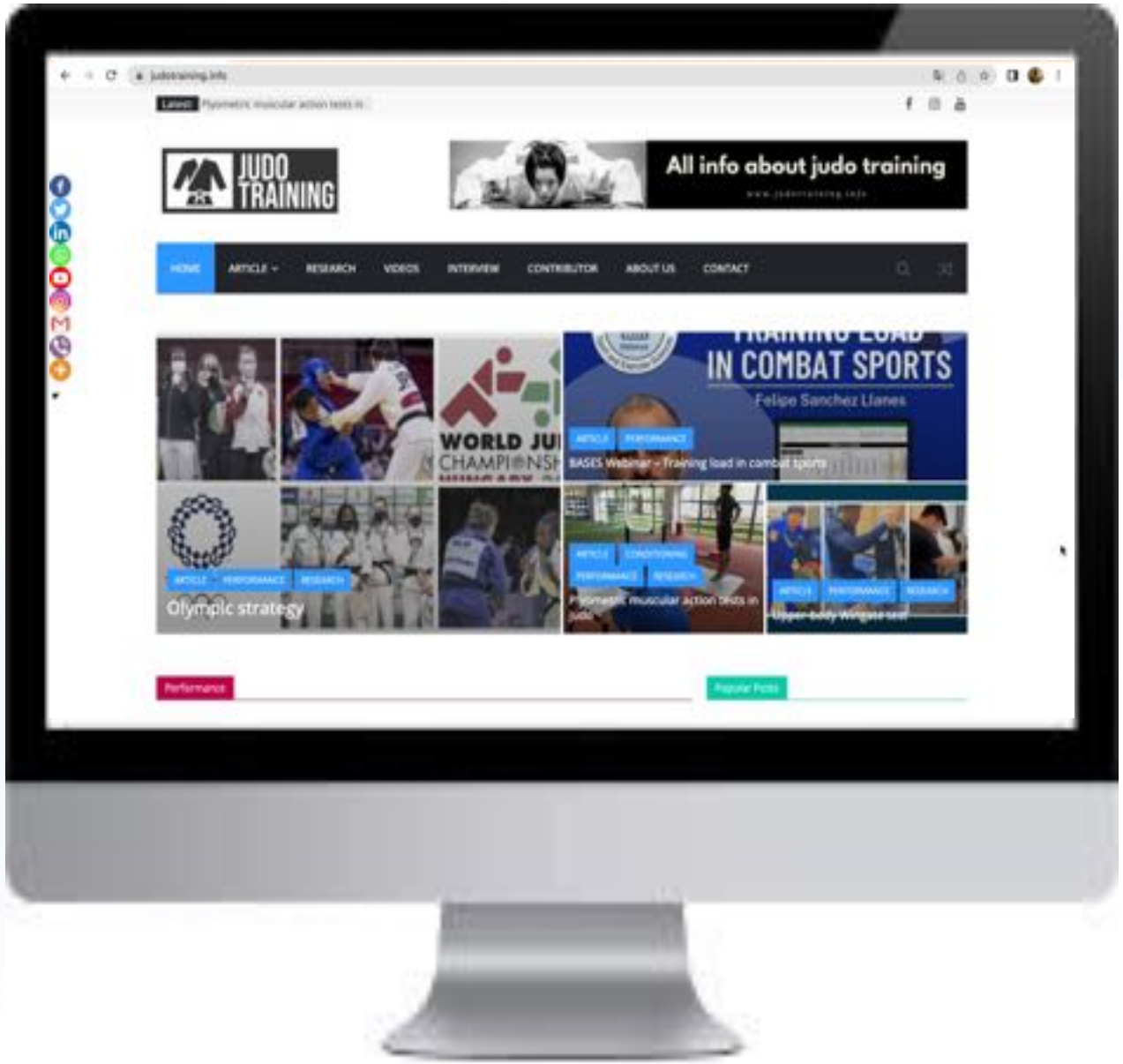

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Thank You

どうもありがとうございます

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felipellanes@gmail.com

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