

# TRAIN HARD, TRAIN SMART

## 刻苦训练，聪明的训练



## FELIPE SÁNCHEZ LLANES

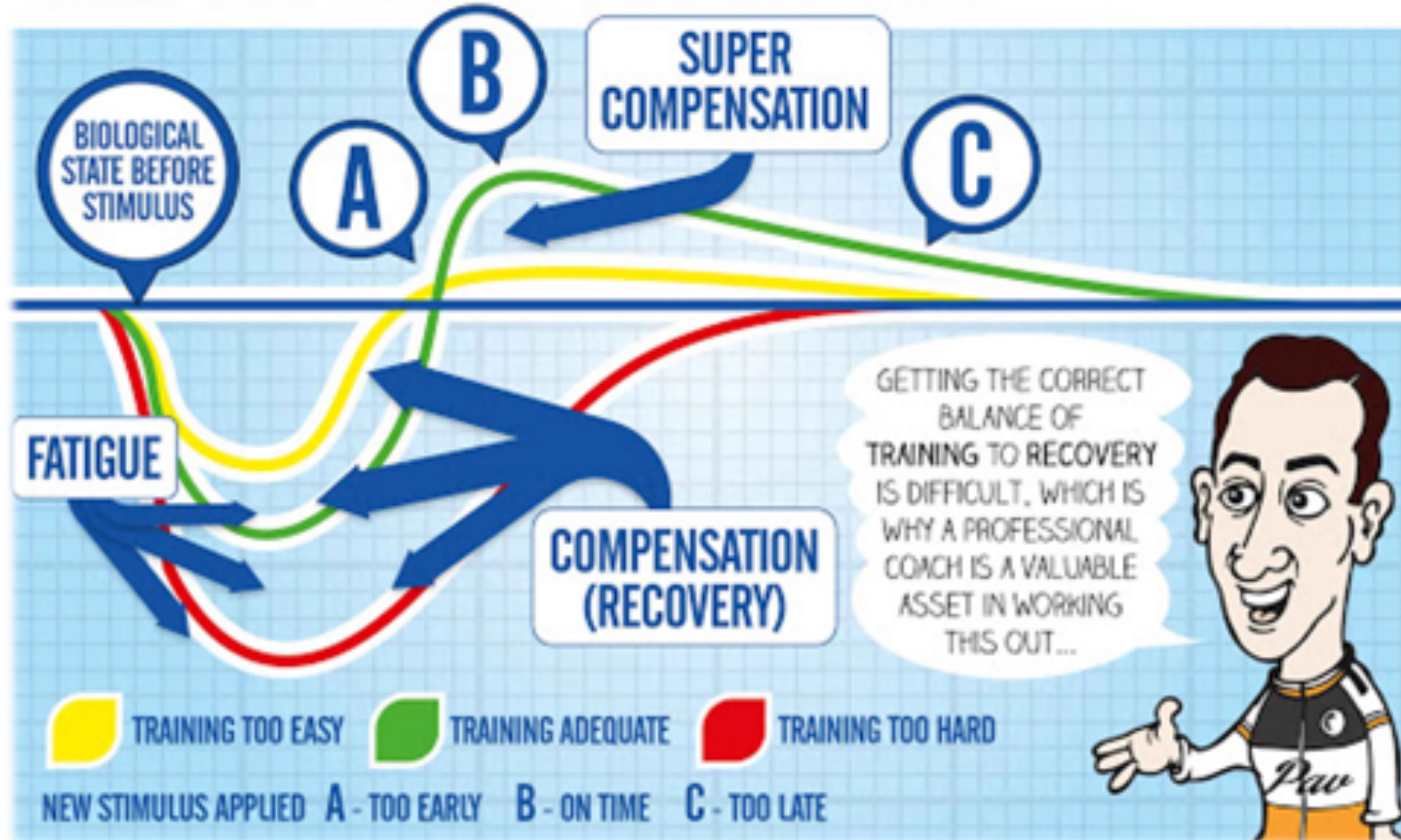
- Degree in Sport Science (European University of Madrid, Spain)运动科学本科
- Master Degree in High Performance (Spanish Olympic Committee)高水平运动表现硕士
- Doctorate in Sports Science (University of Leon, Spain)运动科学博士
- Certified Strength Conditioning Specialist (NSCA)肌力与体能专家
- Judo Head Coach at Shanghai Elite Sports Center上海柔道总教练
- Performance coach at Chinese Olympic Committee中国奥组委运动表现教练
- Judo Head Coach at University of Oviedo奥维耶多大学柔道教练
- Strength & Conditioning coaches in diferent sports (judo, wrestling, football, tennis, volleyball,...)多种项目的体能教练





# SUPER COMPENSATION

超级补偿



> ≠ +

More = Better  
多 ≠ 好

Better = Better  
好 = 好





# TRAINING 训练



# RECOVERY 恢复





# Sports training: **ART** or **SCIENCE**?

运动训练：艺术，还是科学？



# PILLARS OF PERFORMANCE

## 提升运动成绩关键要素



**TECHNICAL**  
技术



**TACTICAL**  
战术



**PHYSICAL**  
身体素质



**MENTAL**  
心理



**HEALTH/  
LIFESTYLE**  
健康/生活  
方式



# PILLARS OF PERFORMANCE

## 提升运动成绩关键要素



## TECHNICAL 技术



# TECHNICAL 技术

Accesory technique 2  
or reaction  
除了得意技的辅助  
技术，和进攻时对手的反应

Accesory technique 1 or reaction  
除了得意技的辅助技术，和进攻时对手的反应

Accesory technique 4  
or reaction  
除了得意技的辅助  
技术，和进攻时对手的反应

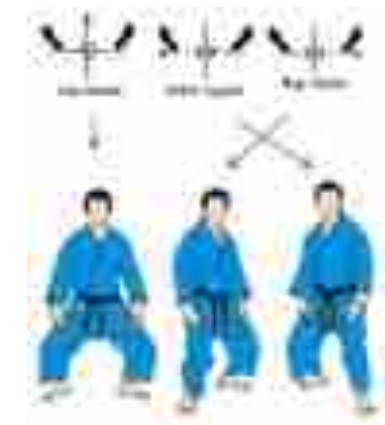
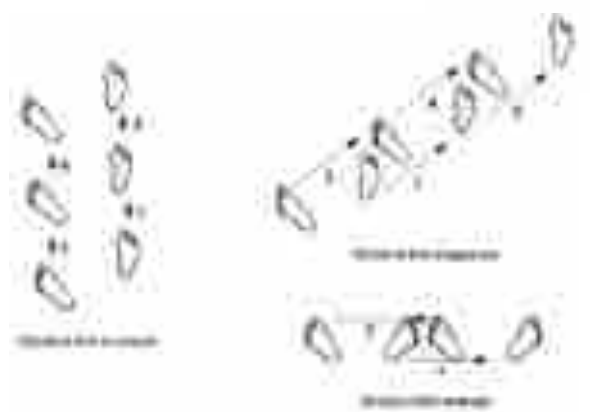
**TECHNICAL  
STRUCTURE**  
技术结构  
**Tokui waza**  
得意技

Accesory technique 3  
or reaction  
除了得意技的辅助  
技术，和进攻时对手的反应

Accesory technique 5  
or reaction  
除了得意技的辅助  
技术，和进攻时对手的反应

**KUMIKATA/SHISHEI**  
抢手/架位

**SHINTAI**  
移动轨迹





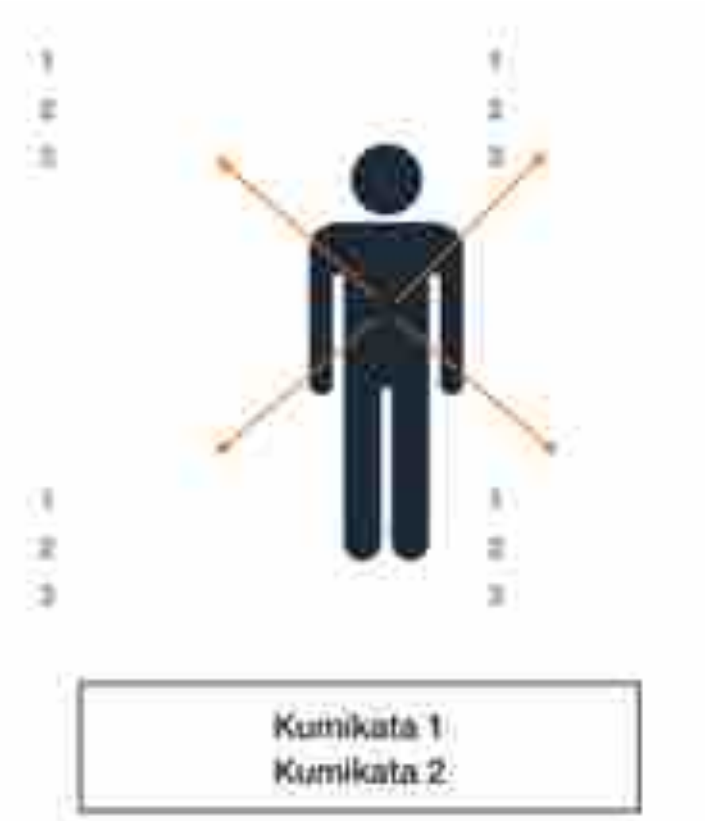
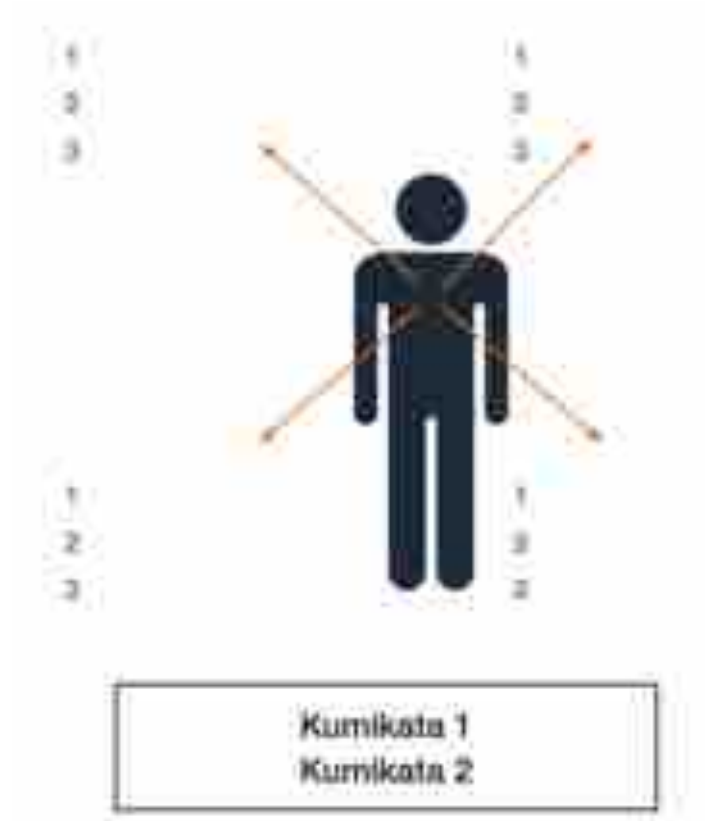
**TECHNICAL 技术**



**STRUCTURE AGAINST AI-YOTSU 同侧**



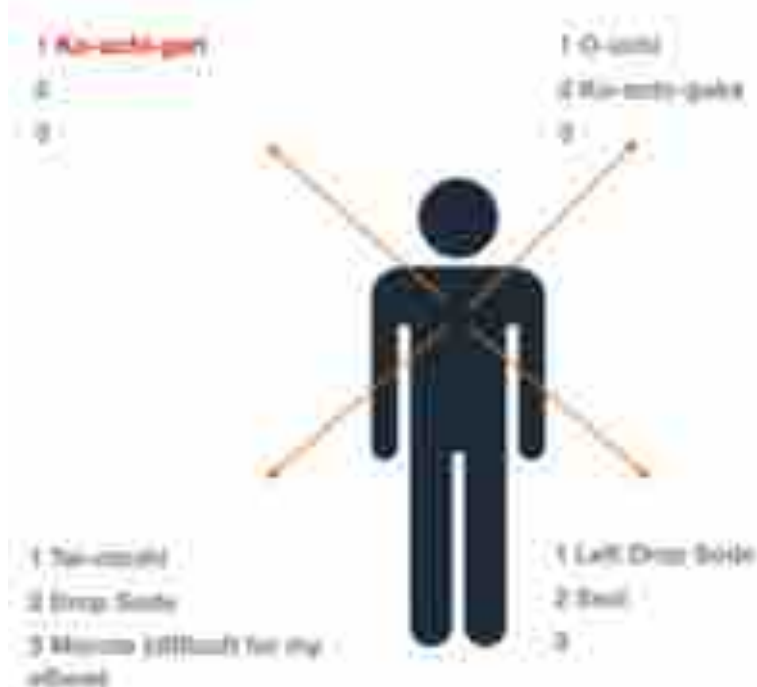
**STRUCTURE AGAINST KENKA-YOTSU 异侧**



# TECHNICAL 技术



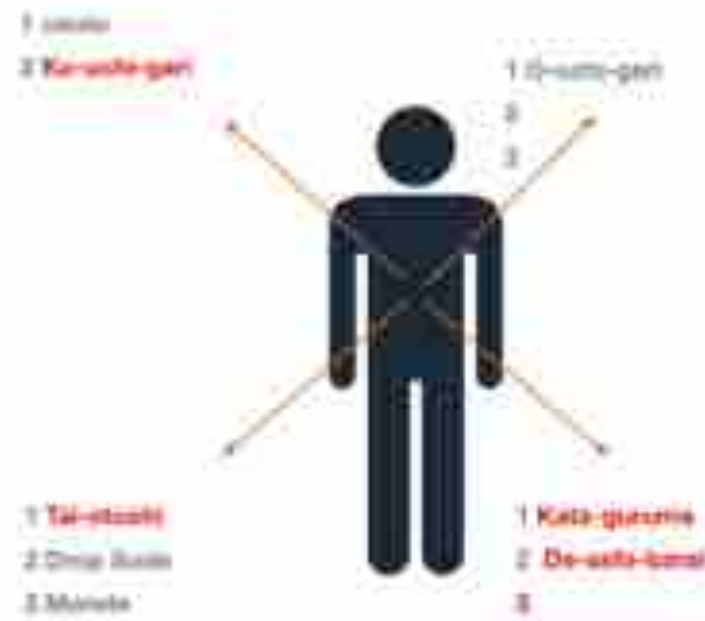
### STRUCTURE AGAINST AI-YOTSU 同侧



Kumikata 1 Classic  
Kumikata 2 revers and triceps \*only for uchi



### STRUCTURE AGAINST KENKA-YOTSU 异侧



Kumikata 1 Classic  
Kumikata 2 Both Armel  
Kumikata 3 Revers and triceps

## TECHNICAL 技术

MY ATHLETE/  
OPPONENT  
自己队员/对手

STRUCTURE ANALYSIS  
柔道分析

- RIGHT/LEFT左架/右架
- GRIP STRUCTURE “KUMIKATA” AND MOVEMENTS “SHINTAI”
- 抢手习惯以及抓到把位后的移动习惯
- “TOKUI WAZA”得意技
- PHYSICAL CONDITIONING身体素质
- COMBAT RHYTHM实战风格
- STRENGTHNESS/WEAKNESSES
- 优势和劣势





## TECHNICAL 技术

**NE WAZA**  
寝技得意技  
**tokui waza**

**POSITION**位  
置和姿势

Accesory technique 1  
or reaction除了得意  
技的辅助技术，和  
进攻时对手的反应

Accesory technique 2  
or reaction除了得意  
技的辅助技术，和  
进攻时对手的反应

Accesory technique 2.1  
or reaction除了得意技  
的辅助技术，和进攻  
时对手的反应

Accesory technique 2.2  
or reaction除了得意技  
的辅助技术，和进攻  
时对手的反应

Accesory technique 1  
or reaction除了得意  
技的辅助技术，和  
进攻时对手的反应



## TECHNICAL 技术



Women -70 kg: Seniors

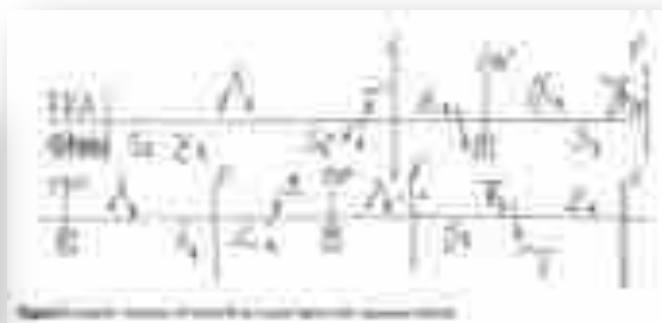
1		PINOT Margaux		FRA
2		HASEGAWA Sara		JPN
3		OCHI Yuka		JPN
4		MATIĆ Ranko		CRO
5		PETERBREEN POLGARD Kelly		GBR
5		SEDUKHINA Galina		GER
7		SHI Clémence		FRA
8		SOUSSI Raha		FRA



TACTICAL 战术



# TACTICAL ANALYSIS





## TACTICAL 战术



## TACTICAL ANALYSIS



TACTICAL 战术



# TACTICAL ANALYSIS



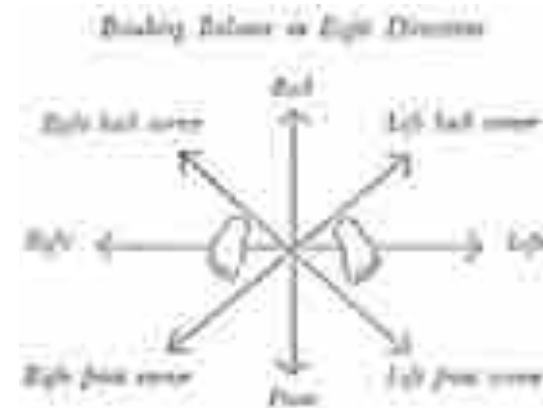
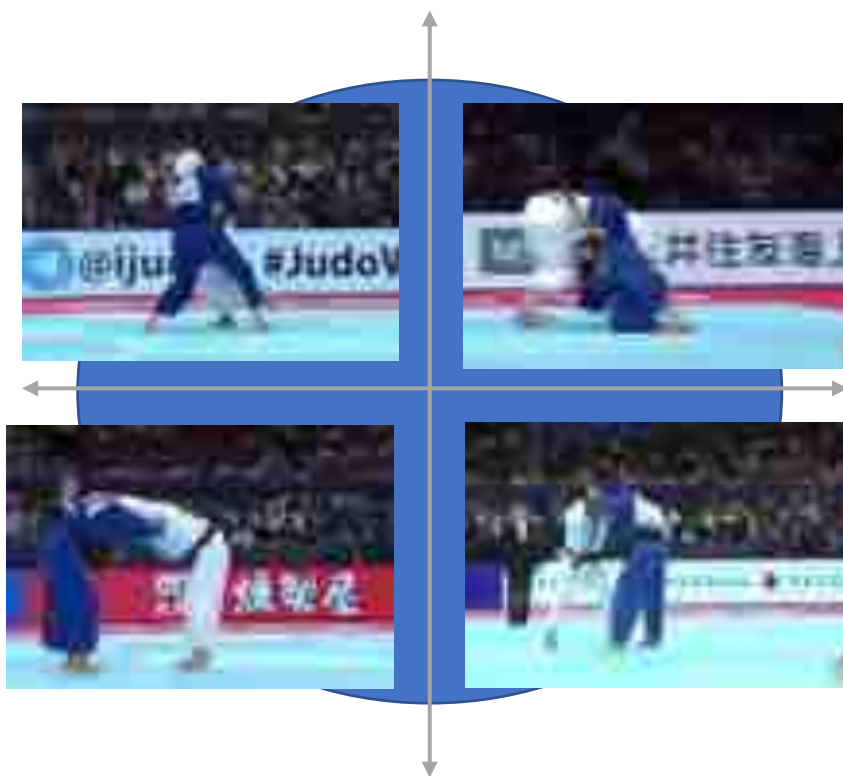
Agostinho (2021)

# TACTICAL 战术



## TACTICAL ANALYSIS

### Breaking balance: directions



**TACTICAL 战术**



## TACTICAL ANALYSIS

[Takanori ISHII; el cerebro del soporte tecnológico detrás las medallas olímpicas.](#)



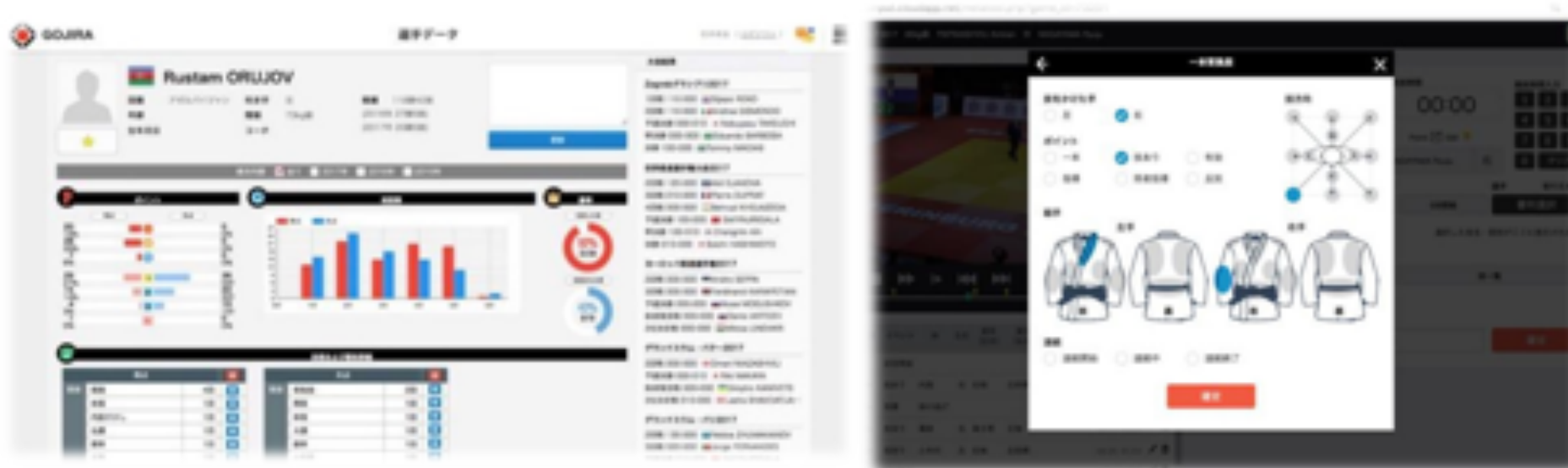


# TACTICAL 战术



# TACTICAL ANALYSIS

“GOJIRA “Gold Judo Ippon Revolution Accordance”.



**TACTICAL 战术**



# TACTICAL ANALYSIS





**TACTICAL 战术**



# TACTICAL ANALYSIS



TACTICAL 战术



# TACTICAL ANALYSIS

The screenshot shows the JUDO DATA website dashboard with the following sections:

- Navigation:** Home, Players, Calendar, Statistics, Insights, Services.
- BEST COUNTRY:**
  - Iran: 3224
  - Japan: 2107
  - Kyrgyz: 1961
  - Sweden: 1029
- LATEST ANALYZED COMPETITION:** Grand Slam Abu Dhabi 2021. Includes a bar chart showing statistics: 5, 41, 223, 135, 88.
- NEXT EVENT:** Almada Grand Prix 2022. Includes a button: UP YOUR CALENDAR.
- BEST MEN JUDO:**
  - 6710
  - Best Man: [Name]
- BEST WOMEN JUDO:**
  - 7830
  - Best Woman: [Name]



**TACTICAL** 战术



# TACTICAL ANALYSIS

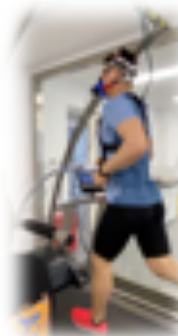


PHYSICAL 身体素质

# ENDURANCE 耐力测试



# PHYSICAL 身体素质



Parameter	Mean	SD	Range
Age (years)	28.5 ± 1.2	1.5	22-38
Height (cm)	178.5 ± 5.5	5.5	170-185
Weight (kg)	78.5 ± 10.5	10.5	65-95
Body fat (%)	12.5 ± 2.5	2.5	8-18
Maximal oxygen uptake (L·min <sup>-1</sup> )	45.5 ± 5.5	5.5	35-55
Maximal oxygen uptake (ml·kg <sup>-1</sup> ·min <sup>-1</sup> )	58.5 ± 6.5	6.5	45-65
Maximal heart rate (b·min <sup>-1</sup> )	185 ± 10	10	175-195
Maximal stroke volume (L·min <sup>-1</sup> )	22.5 ± 3.5	3.5	18-28
Maximal cardiac output (L·min <sup>-1</sup> )	8.5 ± 1.5	1.5	7-10
Maximal blood flow (L·min <sup>-1</sup> )	12.5 ± 2.5	2.5	10-15
Maximal pressure (mmHg)	165 ± 15	15	150-180
Maximal shear rate (s <sup>-1</sup> )	1200 ± 200	200	1000-1400
Maximal wall shear stress (dynes·cm <sup>-2</sup> )	18.5 ± 3.5	3.5	15-22
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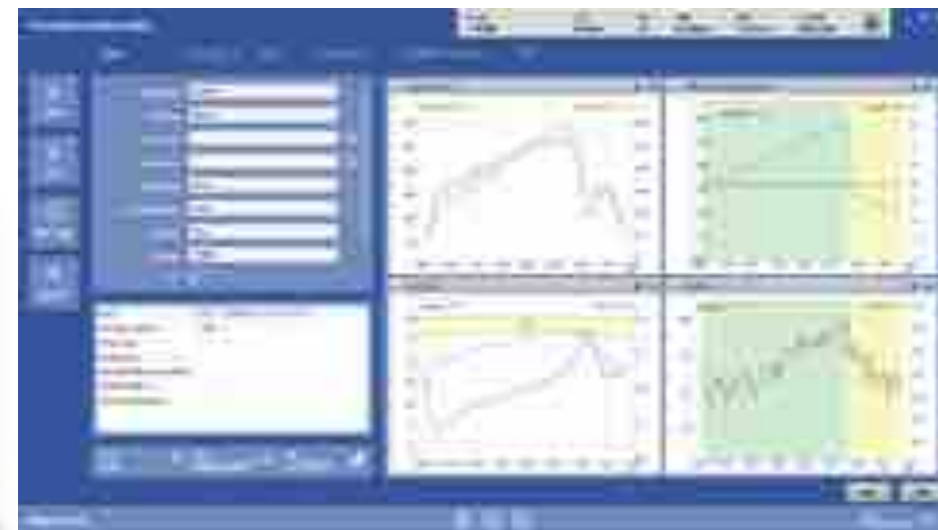


## PHYSICAL 身体素质

### ENDURANCE 耐力测试

### VO2 max 最大摄氧量

谢亚东 VO2 max 50 ml/kg/ min 50 摩尔/公斤/分钟  
VO2 max rel. 4882 ml/min 摩尔/分钟





PHYSICAL 身体素质

ENDURANCE 耐力测试  
TEST COOPER 12

谢亚东 Test Cooper 12'  
3170 m 3170米  
VO2 max 59 ml/kg/ min  
最大摄氧量为 59摩尔/公斤/分钟



12分钟全速跑



@Judo Diana(光玥)

## PHYSICAL 身体素质



## PHYSICAL 身体素质



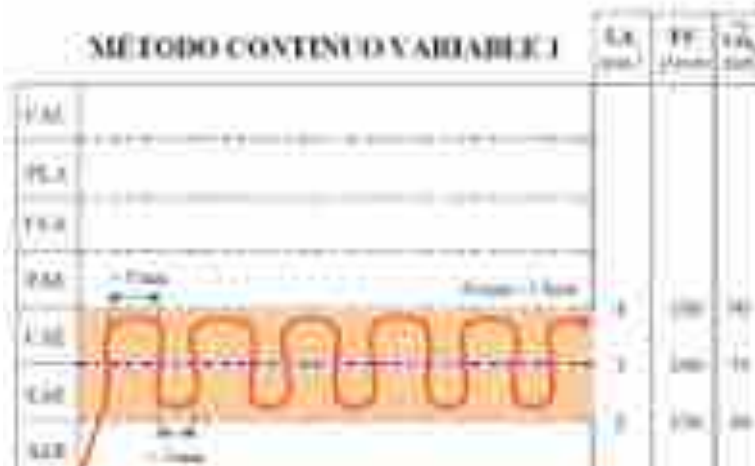
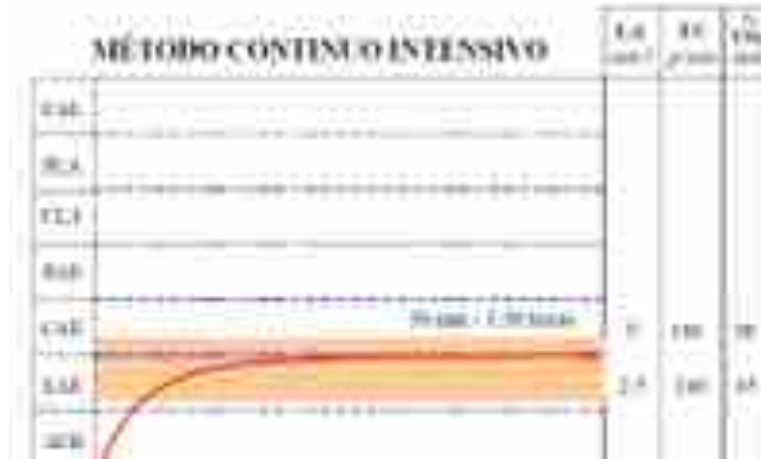
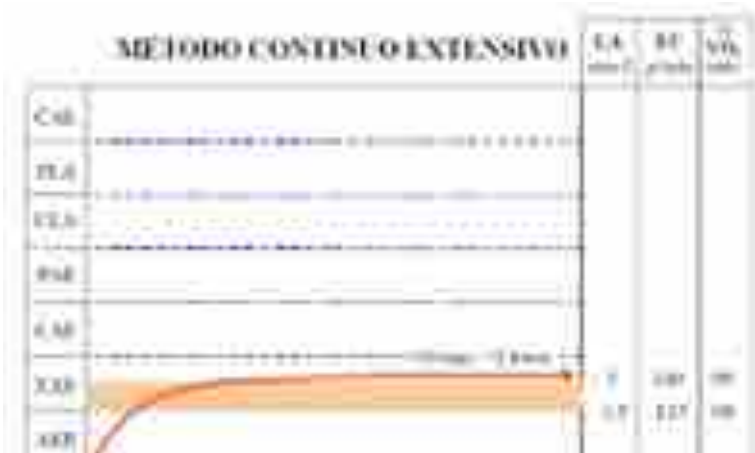


PHYSICAL 身体素质



ENDURANCE TRAINING METHODS 耐力训练方法

➡ UNINTERRUPTED METHODS (continuous or alternating intensity) 连续的



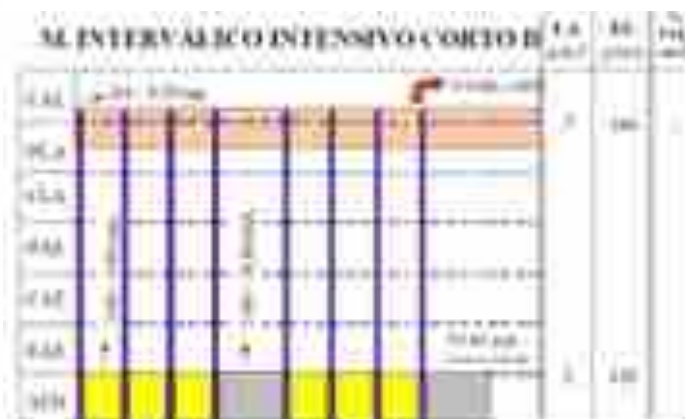
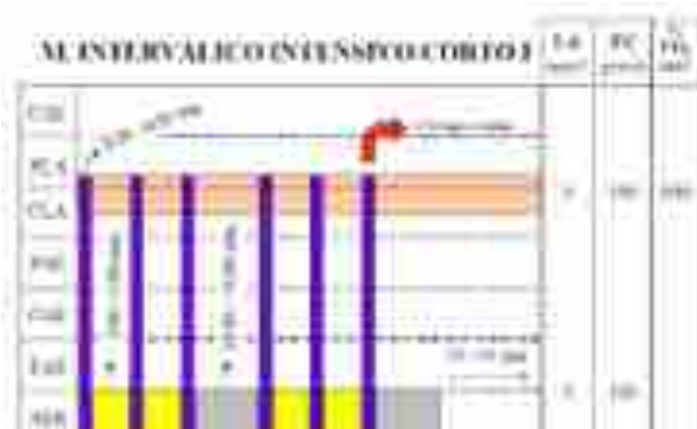
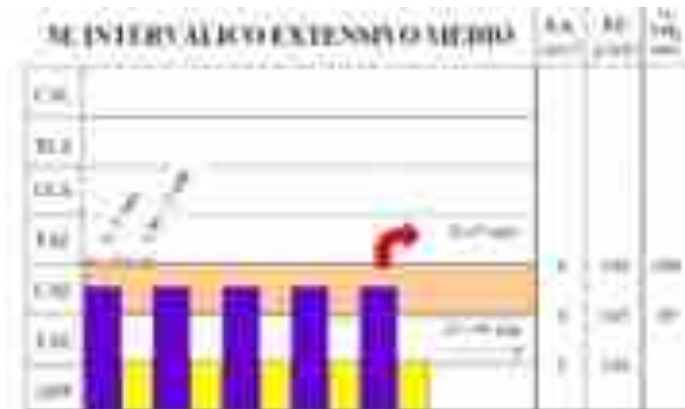
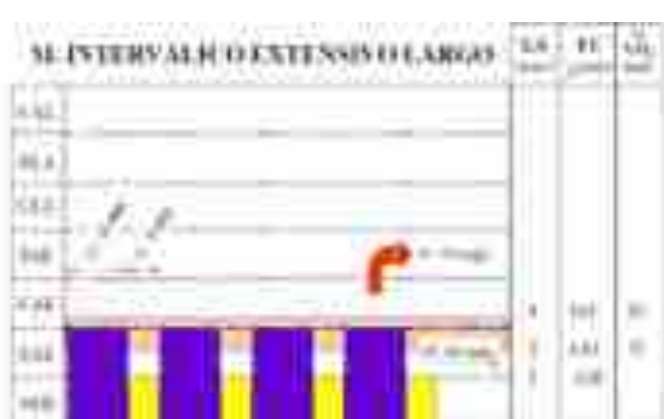


PHYSICAL 身体素质



ENDURANCE TRAINING METHODS 耐力训练方法

➡ INTERMITTENT METHODS (intervals) 间歇训练

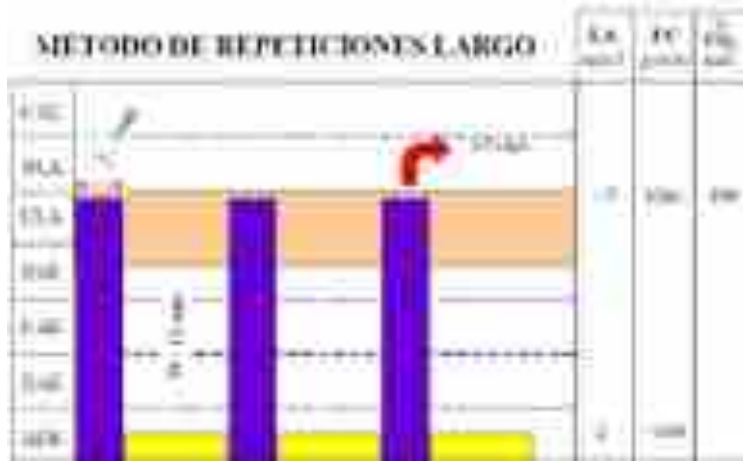


PHYSICAL 身体素质



ENDURANCE TRAINING METHODS 耐力训练方法

➔ INTERMITTENT METHODS (repetition) 重复训练



PHYSICAL 身体素质





## PHYSICAL 身体素质

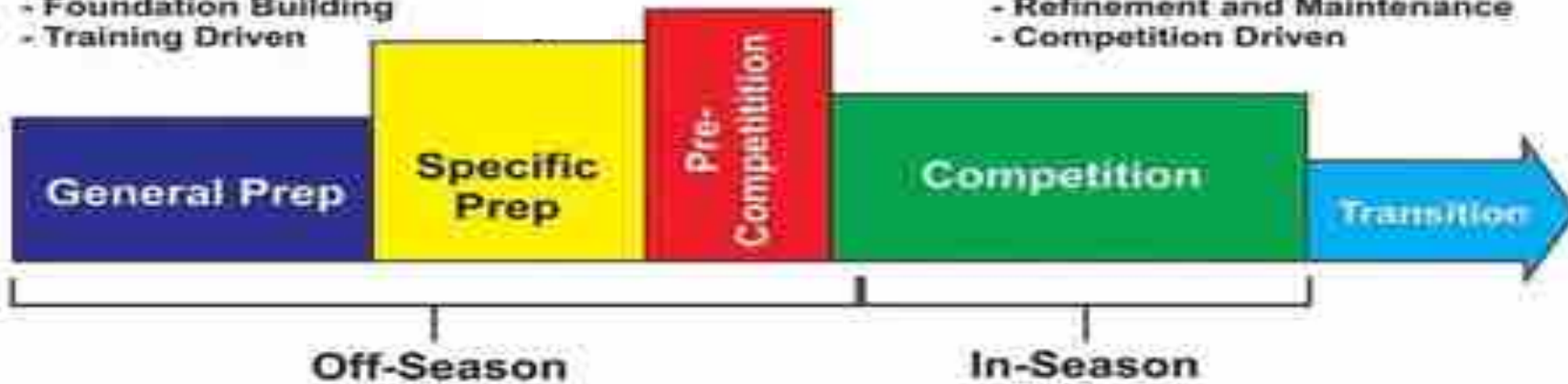


**General**

**Specific**

- General Work Capacity
- Simple Skills
- Foundation Building
- Training Driven

- Sport Specific Capacity
- Complex Skills
- Refinement and Maintenance
- Competition Driven







# PHYSICAL 身体素质



# RANDORI 实战

RANDORI CONTINUOS

RANDORI TW-NW

RANDORI WRESTLING

RANDORI TACTICAL

MOTO DACHI

KAKARI GEIKO

SHIAI

PREPARATORY COMPETITION

RANDORI+GS

RANDORI REFEREE

MAIN COMPETITION

RANDORI groups

## General

- General Work Capacity
- Simple Skills
- Foundation Building
- Training Driven

## Specific

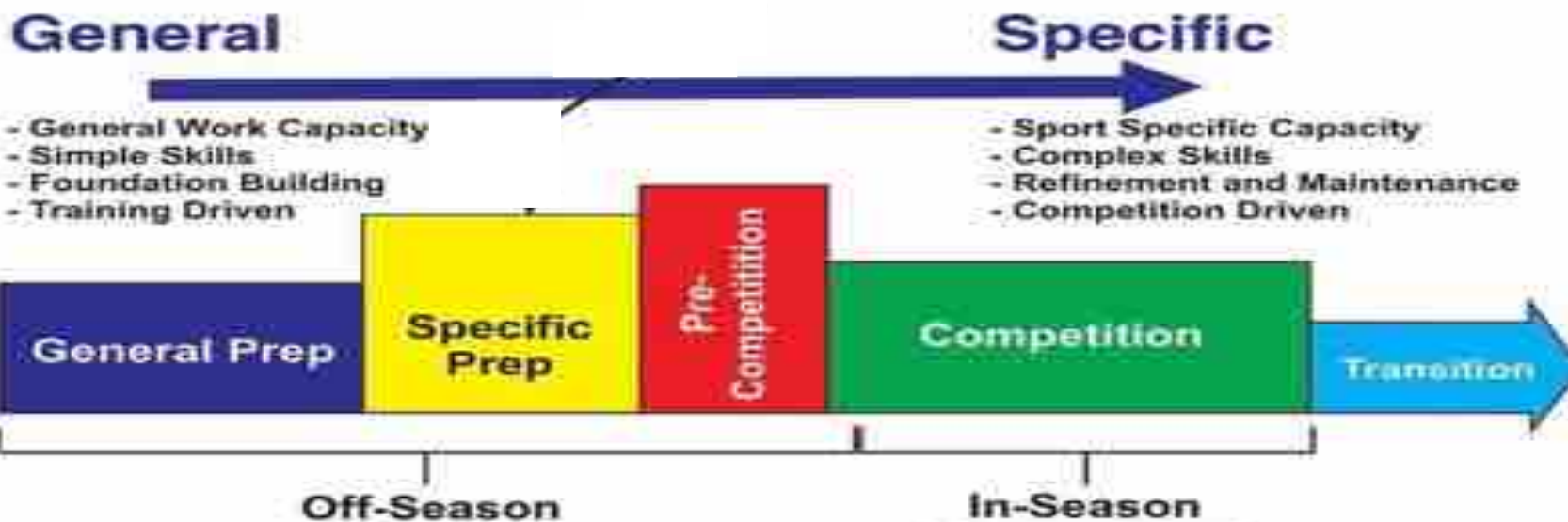
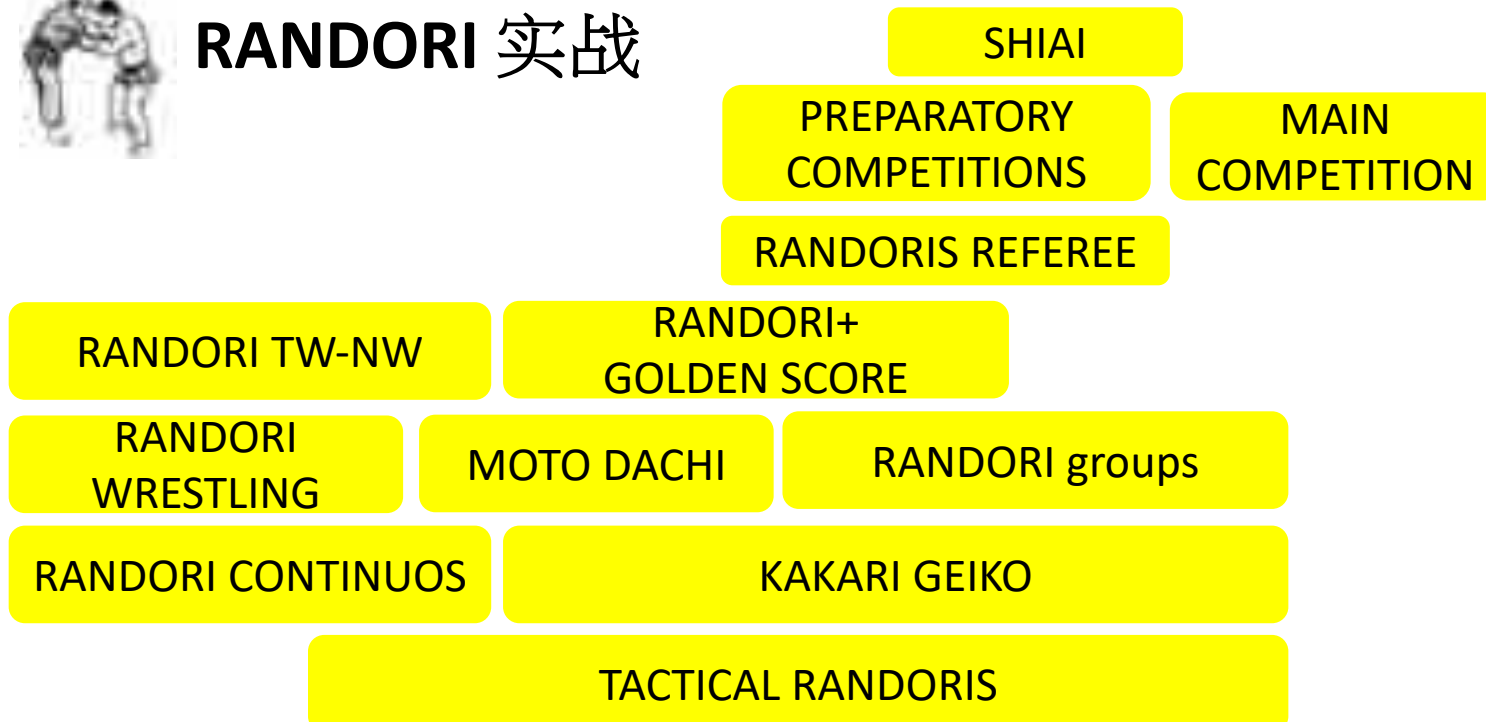
- Sport Specific Capacity
- Complex Skills
- Refinement and Maintenance
- Competition Driven



# PHYSICAL 身体素质



## RANDORI 实战



# STRENGTH 阻力训练







**HYPERTROPHY**

肌肉肥大



**MAX STRENGTH**

最大力量



**POWER**

爆发力



**MUSCULAR  
ENDURANCE**

肌肉耐力



## ***HYPERTROPHY***

肌肉肥大







**MAX  
STRENGTH**  
最大力量







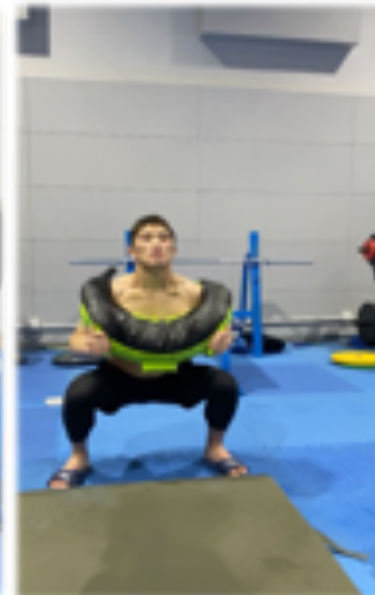
**POWER**  
爆发力





## **MUSCULAR ENDURANCE**

肌肉耐力







***HYPERTROPHY MAX STRENGTH POWER***

***MUSCULAR  
ENDURANCE***

肌肉肥大

最大力量

爆发力

肌肉耐力





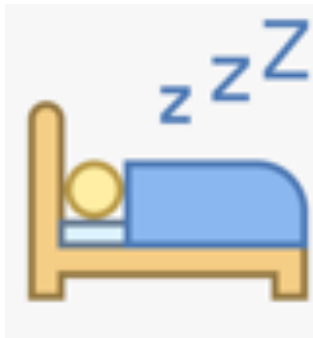
# MOTIVATION 动力



# INVISIBLE TRAINING 训练监控的不可视化

## Invisible training

- Sleep, rest, nutrition, hygienic habits,...



# HYDRATATION 水合作用





# NUTRITION 营养



# ERGOGENIC AIDS 营养性增补剂





# WEIGHT LOSS 减重

## Rapid weight loss 快速减重

姓名	减重前 (kg)	减重后 (kg)	减重 (kg)
任雅静	53	50	3
张敏	57	56	1
马飞宇	60	58	2
冯多多	60	58	2
印一颖	59	58	1
李雪莹	64	62	2
潘佳妮	67	66	1
王丹妮	75	74	1
孙凤鸣	70	68	2
孙鑫	78	78	0
王郭婧	62	61	1
曹佳杰	69	68	1
陈一帆	69	68	1
刘晋超	75	74	1
王上钧	75	74	1
吴泽东	76	75	1
王鑫	77	76	1
张敬成	83	82	1
谢立东	93	92	1
周林敏	93	92	1
杨毅斌	103	102	1
李晶正	105	104	1

	TEAM COMPETITION		INDIVIDUAL COMPETITION	
	Weight in	Weight in	Weight in	Random Weight in (25%)
	22 April 2020, 17:30 h	12 May 2020, 17:30 h	13 May 2020, 08:30 h	
Ran Yajing 任雅静	53	50	52.5	
Zhang Min 张敏	57	56	56.8	
Ma Feiyu 马飞宇	60	58	60.9	
Feng Douduo 冯多多	60	58	60.9	
Yang Yiyang 印一颖	59	58	60.9	
Li Xueying 李雪莹	64	62	65.1	
Pan Jiani 潘佳妮	67	66	66.3	
Wang Danni 王丹妮	75	74	77.7	
Xu Fengyi 孙凤鸣	70	68	71.4	
Sun Xin 孙鑫	78	78	81.9	
Wang Guoping 王郭婧	62	61	64.05	
Jiang Junjie 曹佳杰	69	68	71.4	
Chang Yifan 陈一帆	69	68	71.4	
Zhao Junliang 刘晋超	75	74	77.7	
Wang Shangjun 王上钧	75	74	77.7	
Wu Zedong 吴泽东	76	75	78.75	
Wang Xin 王鑫	77	76	79.8	
Zhang Jiyuan 张敬成	83	82	86.1	
Xie Lidedong 谢立东	93	92	96.6	
Zhou Linmin 周林敏	93	92	96.6	
Yang Yibin 杨毅斌	103	102	107.1	
Li Jincheng 李晶正	105	104	108.25	



Weight loss is a goal for many people, but it is important to do it in a healthy way. This infographic provides tips on how to lose weight safely and effectively.

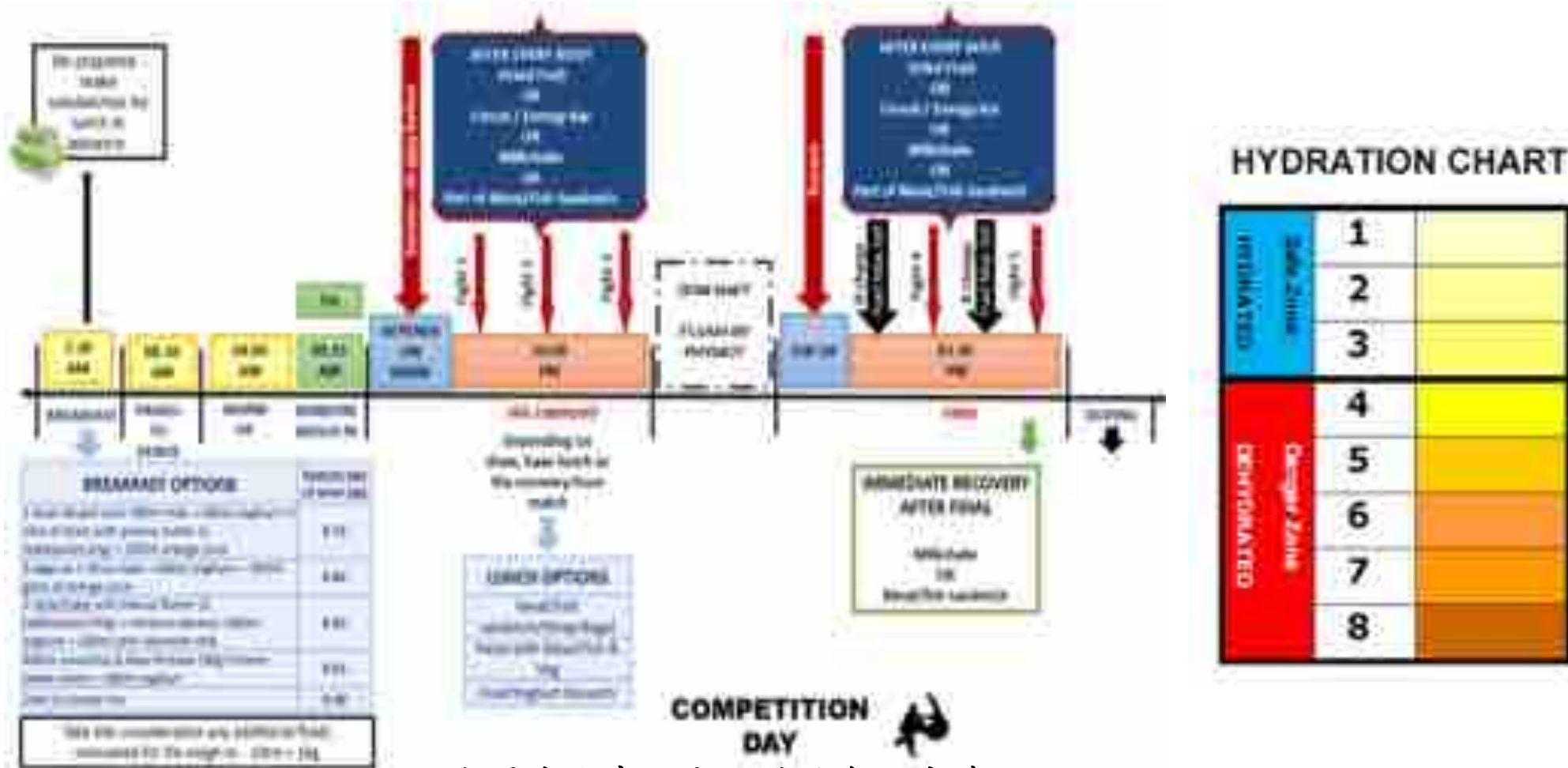
- Eat a balanced diet with plenty of fruits, vegetables, and whole grains.
- Exercise regularly, including both cardio and strength training.
- Get enough sleep and manage stress.
- Avoid fad diets and extreme calorie restriction.





# WEIGHT LOSS 减重

## Re-hydration/Competition day 比赛日的补水建议

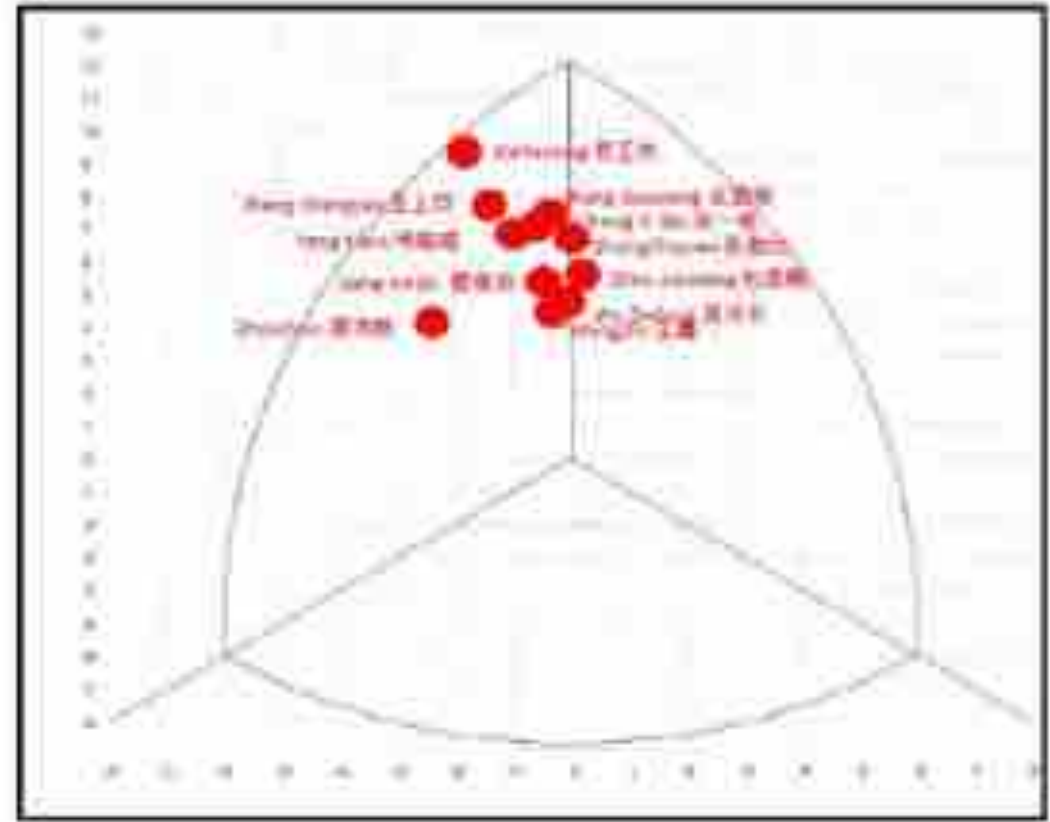


上图为比赛日当天的饮食补充建议

# A BODY COMPOSITION 身体成分

## Somatotype 体型类型

We can compare with our own team 我们可以和自己的团队相比



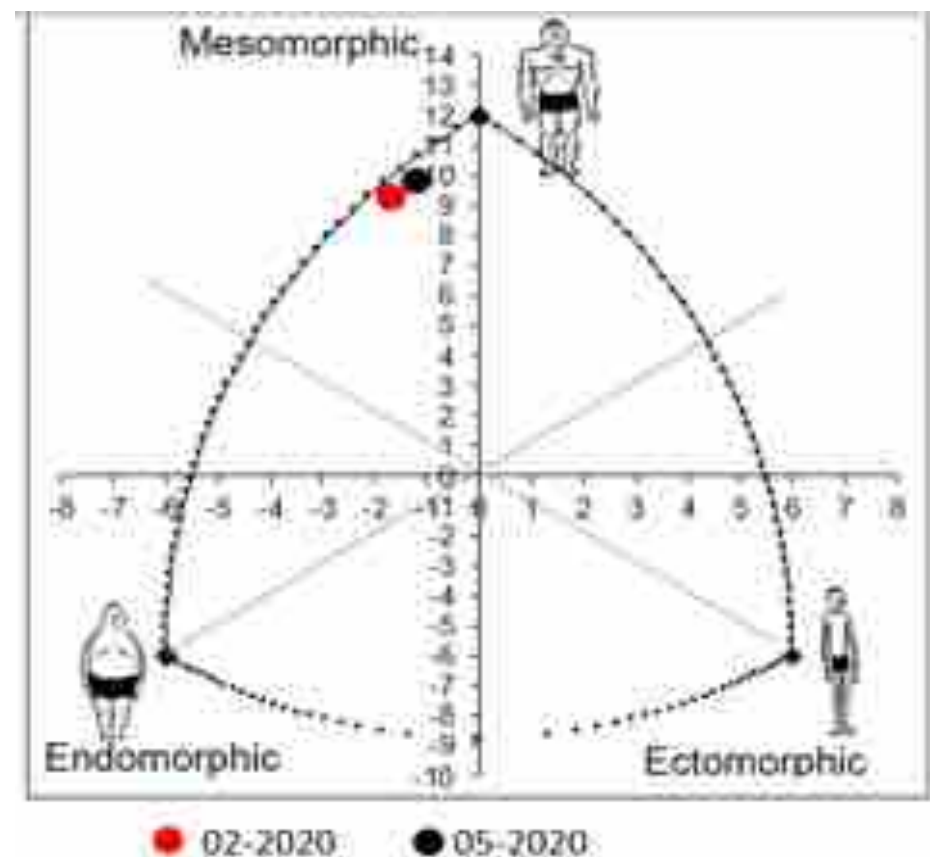


# BODY COMPOSITION 身体成分

## Somatotype 体型类型

or compare with your own data

我们可以拿自己不同时间的数据作比较





# RECOVERY 恢复



# RECOVERY 恢复



# RECOVERY 恢复



After treatment can train 200%



After treatment

NAME 姓名(Chinese)	DATE	TRAINING	STATUS	PHOTO 1 训练前	PHOTO 2 训练后	PHOTO 3 训练后	PHOTO 4 训练后
Wu Zepeng 吴泽鹏	Monday 星期一	Shoulder 肩	Red				
Zhao Zhuyuan 赵致远	Monday 星期一	Neck 颈/Lower Back 下背	Yellow				
Zhao Zhuyuan 赵致远	Monday 星期一	Back 背	Yellow				15
Chen Yifan 陈一帆	Monday 星期一	Upper Back 上背	Green				
Wei Yidong 魏懿东	Monday 星期一	Lower body 下肢	Green			30	
Wang Guodong 王国栋	Monday 星期一	Neck 颈	Yellow				
Wei Yidong 魏懿东	Tuesday 星期二	Lower body 下肢	Green				
Tang Yibo 唐懿博	Wednesday 星期三	Upper Back 上背	Green				
Wei Yidong 魏懿东	Wednesday 星期三	Lower body 下肢	Green				
Wei Yidong 魏懿东	Thursday 星期四	Lower body 下肢	Green				
Qiu Yantao 仇彦涛	Thursday 星期四	Knee 膝	Yellow			15	
Wang Guodong 王国栋	Thursday 星期四	Neck 颈	Yellow				
Tang Yibo 唐懿博	Thursday 星期四	Full body 全身	Yellow				
Sun Jie 孙杰	Thursday 星期四	Shoulder 肩	Red				
Feng Douduo 冯多多	Thursday 星期四	Shoulder 肩	Yellow				
Wang Dan 王丹	Thursday 星期四	Lower body 下肢	Green				
Wei Yidong 魏懿东	Friday 星期五	Lower body 下肢	Green				
Zhao Zhuyuan 赵致远	Friday 星期五	Back 背	Yellow				15

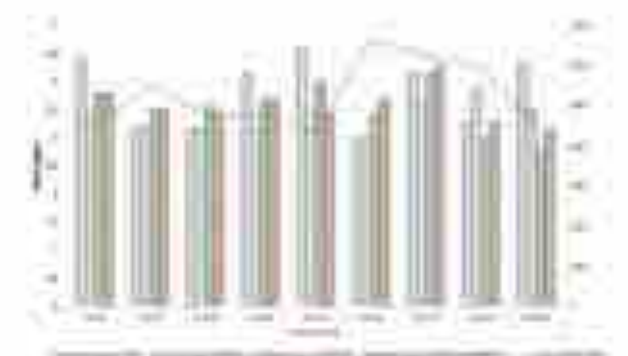
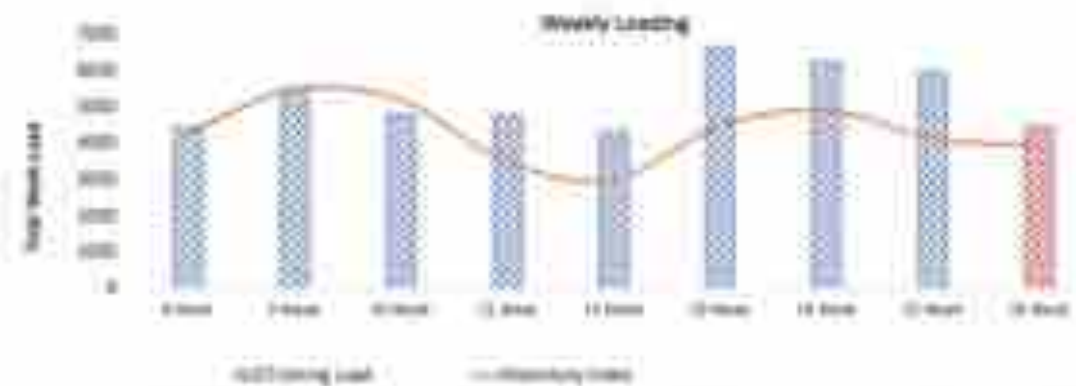


# RECOVERY 恢复



WEEKLY PLAN CHINA JUDO TEAM

DATE	MON	TUE	WED	THU	FRI	SAT
12-10	REST	REST	REST	REST	REST	REST
12-11	REST	REST	REST	REST	REST	REST
12-12	REST	REST	REST	REST	REST	REST
12-13	REST	REST	REST	REST	REST	REST
12-14	REST	REST	REST	REST	REST	REST
12-15	REST	REST	REST	REST	REST	REST
12-16	REST	REST	REST	REST	REST	REST
12-17	REST	REST	REST	REST	REST	REST
12-18	REST	REST	REST	REST	REST	REST
12-19	REST	REST	REST	REST	REST	REST
12-20	REST	REST	REST	REST	REST	REST
12-21	REST	REST	REST	REST	REST	REST
12-22	REST	REST	REST	REST	REST	REST
12-23	REST	REST	REST	REST	REST	REST
12-24	REST	REST	REST	REST	REST	REST
12-25	REST	REST	REST	REST	REST	REST
12-26	REST	REST	REST	REST	REST	REST
12-27	REST	REST	REST	REST	REST	REST
12-28	REST	REST	REST	REST	REST	REST
12-29	REST	REST	REST	REST	REST	REST
12-30	REST	REST	REST	REST	REST	REST
12-31	REST	REST	REST	REST	REST	REST



# RECOVERY 恢复

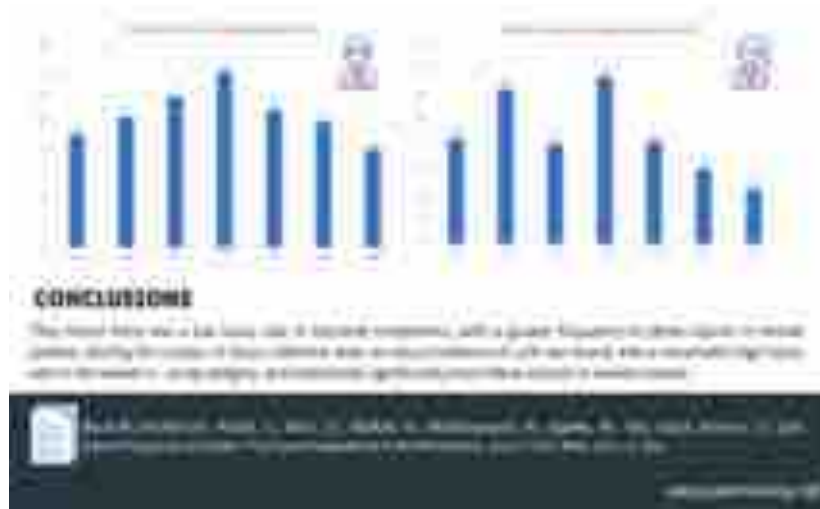


# INJURIES 伤病





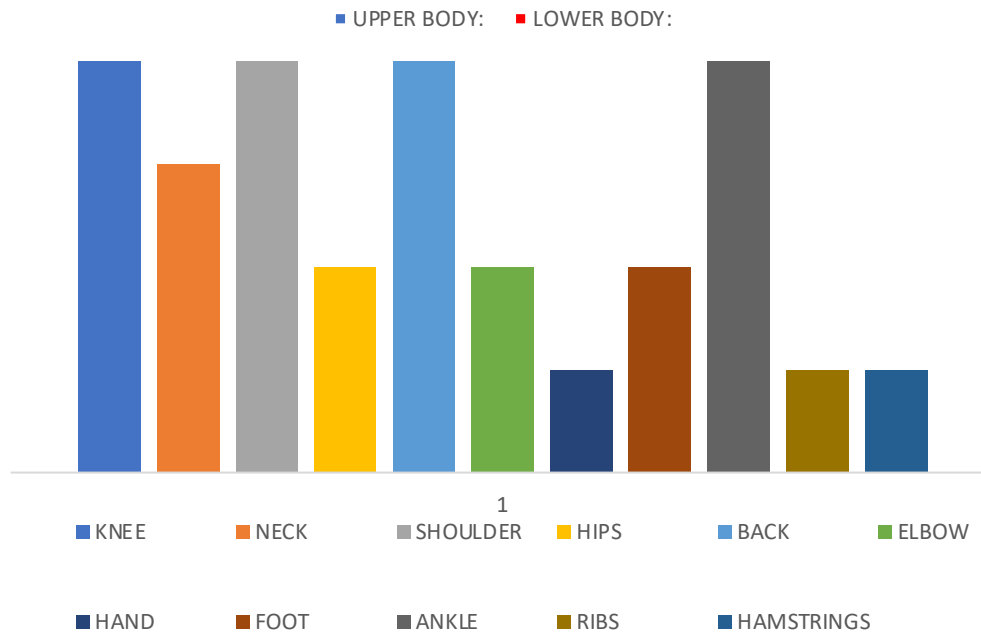
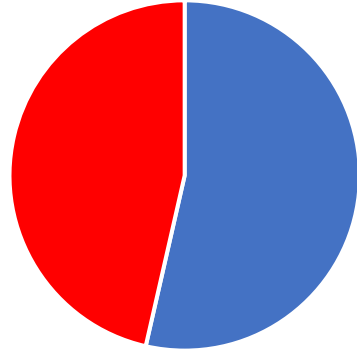
# INJURIES 伤病



# INJURIES 伤病

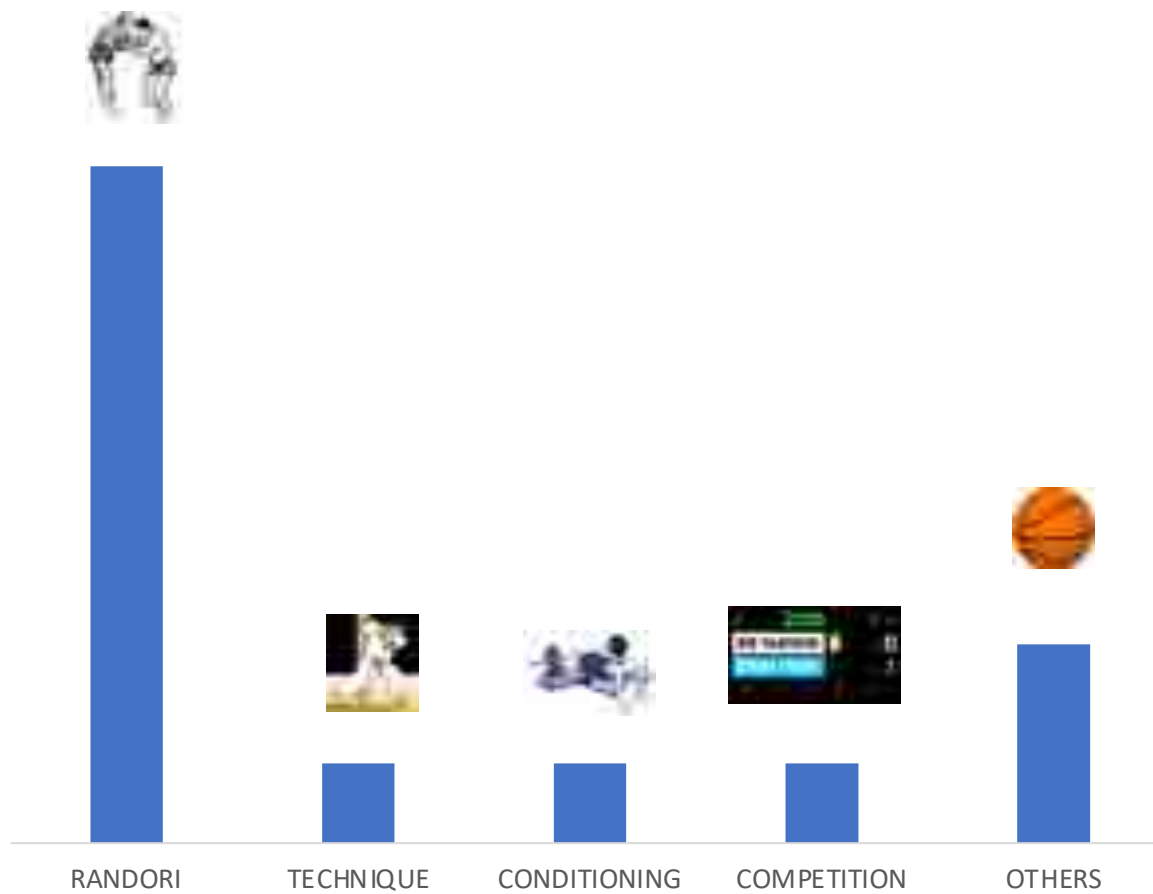
	HF TRAINING SESSIONS	FULL TRAINING	%FULL TRAINING	MODIFIED	INJURED	OTHERS
Wang Guizong 王贵宗	187	146	78.07	26	12	3
Jiang Junjie 姜俊杰	207	195	94.20	1		11
Cheng Yifan 程一帆	207	156	75.36	22	18	1
Zhao Junrong 赵俊容	187	184	98.40	1	2	
Wang Shangjun 王上君	207	193	93.24	1		13
Wu Dedong 吴德东	207	188	90.82	8	2	9
Wang Xin 王鑫	207	185	89.57	19		3
Zhang Zhiyuan 张致远	207	182	88.24	5		9
Xie Yidong 谢懿东	207	201	97.10	2	2	2
Zhou Yimin 周益敏	207	194	93.72	12	1	
Jiang Yifan 姜毅帆	207	130	62.80	33	74	
Li Piliang 李品强	154	106	75.32	29	9	
Qiu Yiran 邱宜然	154	138	89.61	5	11	
Fu Junbin 傅俊彬	207	207	100.00			
Ren Yijing 任颖静	207	198	95.65			9
Zhang Min 张敏	207	199	96.14			8
Ma Feiya 马菲亚	207	157	75.85	45	5	
Feng Doudou 冯多多	207	205	99.03	2		
Xiang Yiyang 向阳	207	81	39.13	55	4	67
Li Xiang 李响	207	59	28.50	142	14	
Huan Jie 换佳妮	207	194	93.72	11	2	
Wang Dan 王丹	185	178	96.22	5	1	1
Li Feng 李丰	154	74	48.05	13		67
Li Yimin 李益敏	207	142	68.60	30	5	3

# INJURIES 伤病





# INJURIES 伤病





# INJURIES 伤病

**IPPFW**  
Warm-up programme

**ADULTS & SENIORS**  
成人及老年人

**ADULTS & JUNIORS**  
成人及青少年

**ADULTS & SENIORS**  
成人及老年人



JUDO PUSH-UP



POWER RUPS



SPIDERMAN



J-TRAPS HANDSTAND



HANDSTAND JUDOROL



STUTTEN



SQUATROL



EUTEMI SQUATROL VOORUIT



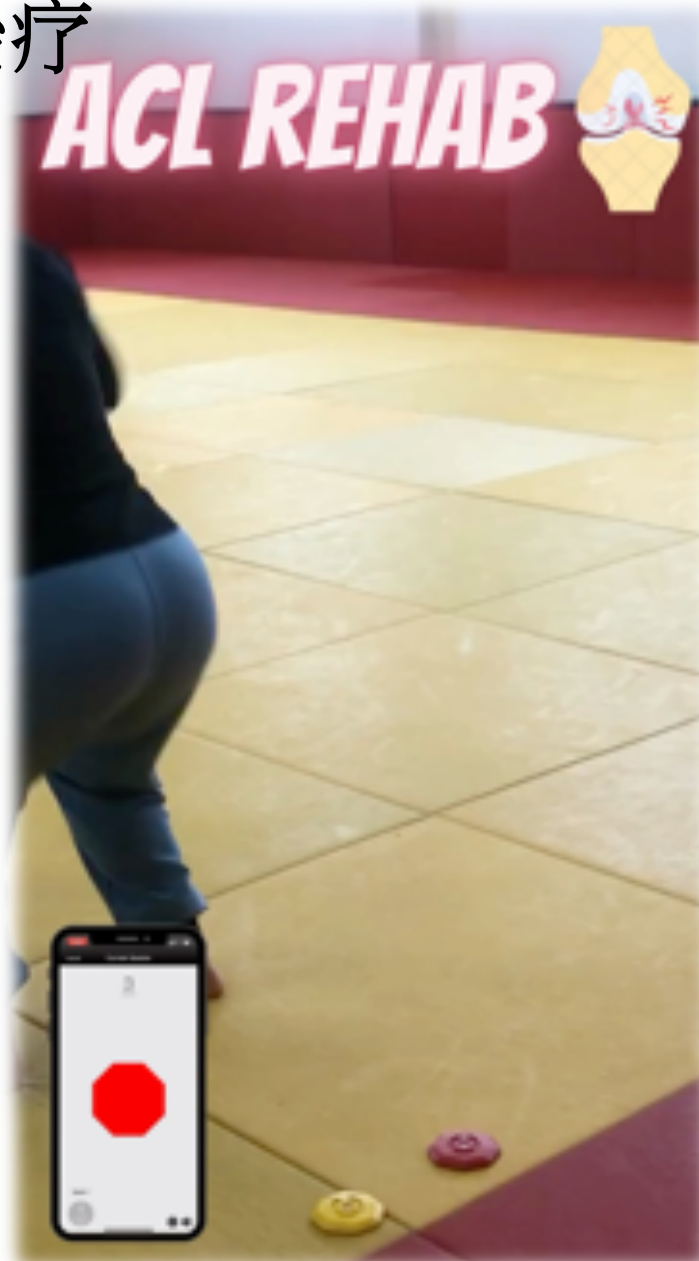
# INJURY PREVENTION/TREATMENT 伤病防护/治疗



The document is titled "INJURY PREVENTION/TREATMENT" and features several diagrams illustrating injury prevention techniques for different body parts. It includes a table with columns for "Area", "Prevention", and "Treatment". The table is divided into sections for "Neck", "Shoulder", "Elbow", "Wrist", "Hand", "Forearm", "Lower Back", "Knee", "Ankle", and "Foot".

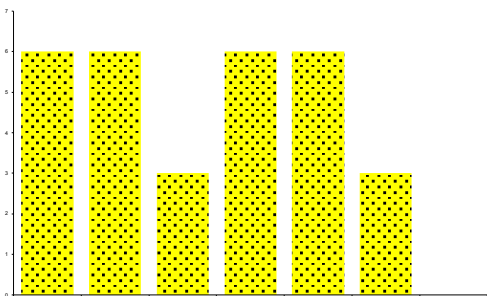
Area	Prevention	Treatment
Neck	1. Avoid carrying heavy bags 2. Avoid looking down for long periods 3. Avoid sitting at a computer for long periods	1. Physical therapy 2. Chiropractic 3. Massage
Shoulder	1. Avoid carrying heavy bags 2. Avoid looking down for long periods 3. Avoid sitting at a computer for long periods	1. Physical therapy 2. Chiropractic 3. Massage
Elbow	1. Avoid carrying heavy bags 2. Avoid looking down for long periods 3. Avoid sitting at a computer for long periods	1. Physical therapy 2. Chiropractic 3. Massage
Wrist	1. Avoid carrying heavy bags 2. Avoid looking down for long periods 3. Avoid sitting at a computer for long periods	1. Physical therapy 2. Chiropractic 3. Massage
Hand	1. Avoid carrying heavy bags 2. Avoid looking down for long periods 3. Avoid sitting at a computer for long periods	1. Physical therapy 2. Chiropractic 3. Massage
Forearm	1. Avoid carrying heavy bags 2. Avoid looking down for long periods 3. Avoid sitting at a computer for long periods	1. Physical therapy 2. Chiropractic 3. Massage
Lower Back	1. Avoid carrying heavy bags 2. Avoid looking down for long periods 3. Avoid sitting at a computer for long periods	1. Physical therapy 2. Chiropractic 3. Massage
Knee	1. Avoid carrying heavy bags 2. Avoid looking down for long periods 3. Avoid sitting at a computer for long periods	1. Physical therapy 2. Chiropractic 3. Massage
Ankle	1. Avoid carrying heavy bags 2. Avoid looking down for long periods 3. Avoid sitting at a computer for long periods	1. Physical therapy 2. Chiropractic 3. Massage
Foot	1. Avoid carrying heavy bags 2. Avoid looking down for long periods 3. Avoid sitting at a computer for long periods	1. Physical therapy 2. Chiropractic 3. Massage

# INJURY PREVENTION/TREATMENT 伤病防护/治疗





# PERIODIZATION 周期性




A detailed table of a training plan, titled 'WEEKLY TRAINING PLAN'. The table has multiple columns and rows, detailing various aspects of the training program, including dates, times, and specific activities. The table is organized into a grid format, with some cells containing text and others containing symbols or numbers. The table is quite dense with information, providing a comprehensive overview of the training schedule.

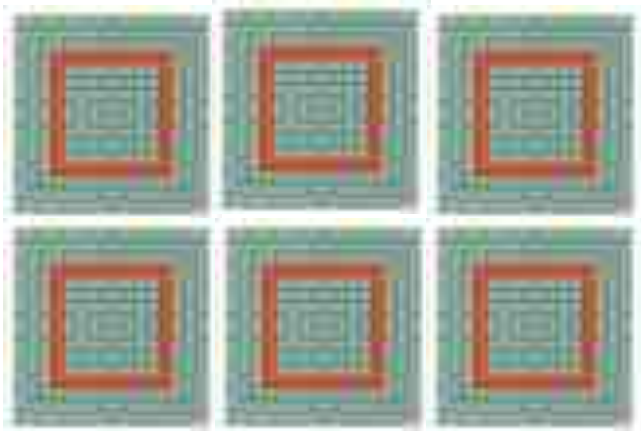




# PERIODIZATION 周期性




5 x 5 minutes  (2 IPPON)






# PERIODIZATION 周期性

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	...	...	...	...	...	...	...
2	...	...	...	...	...	...	...
3	...	...	...	...	...	...	...
4	...	...	...	...	...	...	...
5	...	...	...	...	...	...	...
6	...	...	...	...	...	...	...
7	...	...	...	...	...	...	...
8	...	...	...	...	...	...	...
9	...	...	...	...	...	...	...
10	...	...	...	...	...	...	...
11	...	...	...	...	...	...	...
12	...	...	...	...	...	...	...
13	...	...	...	...	...	...	...
14	...	...	...	...	...	...	...
15	...	...	...	...	...	...	...
16	...	...	...	...	...	...	...
17	...	...	...	...	...	...	...
18	...	...	...	...	...	...	...
19	...	...	...	...	...	...	...
20	...	...	...	...	...	...	...
21	...	...	...	...	...	...	...
22	...	...	...	...	...	...	...
23	...	...	...	...	...	...	...
24	...	...	...	...	...	...	...
25	...	...	...	...	...	...	...
26	...	...	...	...	...	...	...
27	...	...	...	...	...	...	...
28	...	...	...	...	...	...	...
29	...	...	...	...	...	...	...
30	...	...	...	...	...	...	...
31	...	...	...	...	...	...	...
32	...	...	...	...	...	...	...
33	...	...	...	...	...	...	...
34	...	...	...	...	...	...	...
35	...	...	...	...	...	...	...
36	...	...	...	...	...	...	...
37	...	...	...	...	...	...	...
38	...	...	...	...	...	...	...
39	...	...	...	...	...	...	...
40	...	...	...	...	...	...	...
41	...	...	...	...	...	...	...
42	...	...	...	...	...	...	...
43	...	...	...	...	...	...	...
44	...	...	...	...	...	...	...
45	...	...	...	...	...	...	...
46	...	...	...	...	...	...	...
47	...	...	...	...	...	...	...
48	...	...	...	...	...	...	...
49	...	...	...	...	...	...	...
50	...	...	...	...	...	...	...
51	...	...	...	...	...	...	...
52	...	...	...	...	...	...	...

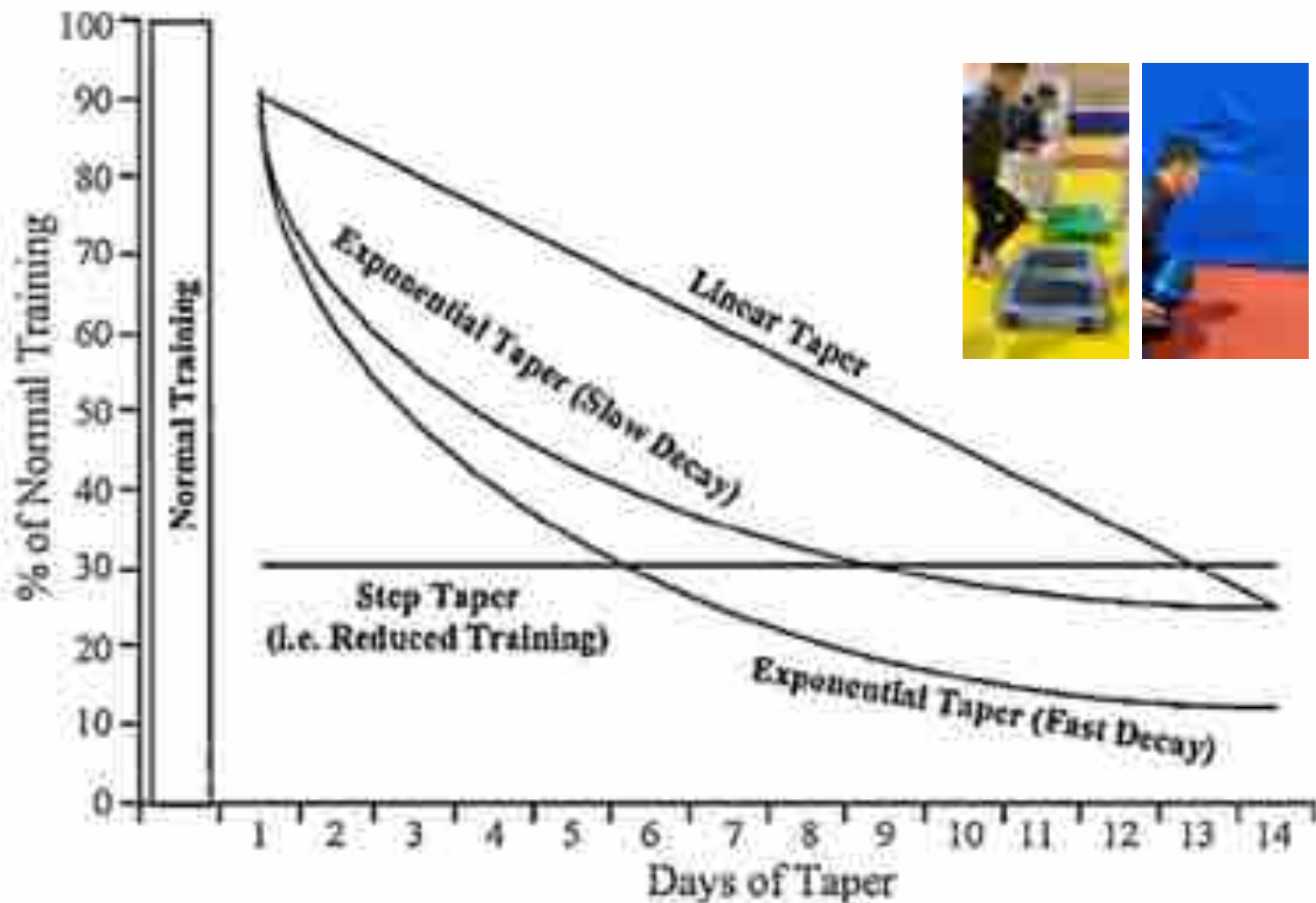
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	...	...	...	...	...	...	...
2	...	...	...	...	...	...	...
3	...	...	...	...	...	...	...
4	...	...	...	...	...	...	...
5	...	...	...	...	...	...	...
6	...	...	...	...	...	...	...
7	...	...	...	...	...	...	...
8	...	...	...	...	...	...	...
9	...	...	...	...	...	...	...
10	...	...	...	...	...	...	...
11	...	...	...	...	...	...	...
12	...	...	...	...	...	...	...
13	...	...	...	...	...	...	...
14	...	...	...	...	...	...	...
15	...	...	...	...	...	...	...
16	...	...	...	...	...	...	...
17	...	...	...	...	...	...	...
18	...	...	...	...	...	...	...
19	...	...	...	...	...	...	...
20	...	...	...	...	...	...	...
21	...	...	...	...	...	...	...
22	...	...	...	...	...	...	...
23	...	...	...	...	...	...	...
24	...	...	...	...	...	...	...
25	...	...	...	...	...	...	...
26	...	...	...	...	...	...	...
27	...	...	...	...	...	...	...
28	...	...	...	...	...	...	...
29	...	...	...	...	...	...	...
30	...	...	...	...	...	...	...
31	...	...	...	...	...	...	...
32	...	...	...	...	...	...	...
33	...	...	...	...	...	...	...
34	...	...	...	...	...	...	...
35	...	...	...	...	...	...	...
36	...	...	...	...	...	...	...
37	...	...	...	...	...	...	...
38	...	...	...	...	...	...	...
39	...	...	...	...	...	...	...
40	...	...	...	...	...	...	...
41	...	...	...	...	...	...	...
42	...	...	...	...	...	...	...
43	...	...	...	...	...	...	...
44	...	...	...	...	...	...	...
45	...	...	...	...	...	...	...
46	...	...	...	...	...	...	...
47	...	...	...	...	...	...	...
48	...	...	...	...	...	...	...
49	...	...	...	...	...	...	...
50	...	...	...	...	...	...	...
51	...	...	...	...	...	...	...
52	...	...	...	...	...	...	...





# TAPERING/PEAKING

## 专项准备期（临近比赛）



Method of Implementation	Type of Taper	Duration of Taper	Intensity of Training	Reduction of Intensity	Frequency of Sessions
Traditional	Exponential volume taper	6 sessions	80% - 90% 100%	17% - 20% 30% 7% - 8%	8: 17% - 20% 16% - 30% 3-5 7: 17% - 21% 11% - 6% 8% - 14 6%
21st	Exponential volume taper	2 sessions	80% - 90% 100%	1% - 40% 2% - 60%	8: 17% - 2 6% - 2% 6-8 7: 17% - 1 6% - 2% - 8 8-10
Acute	Exponential volume taper	6 sessions	80% - 90% 100%	1% - 40% 2% - 60%	8: 17% - 2 6% - 2% 6-7 7: 17% - 1 6% - 2% - 8 8-10

# TAPERING/PEAKING

## 专项准备期（临近比赛）



姓名	性别	出生日期	身高	体重	项目
王卓	男	1990-08-08	178	75.0	柔道
王卓	男	1990-08-08	178	75.0	柔道
王卓	男	1990-08-08	178	75.0	柔道
王卓	男	1990-08-08	178	75.0	柔道
王卓	男	1990-08-08	178	75.0	柔道
王卓	男	1990-08-08	178	75.0	柔道
王卓	男	1990-08-08	178	75.0	柔道
王卓	男	1990-08-08	178	75.0	柔道
王卓	男	1990-08-08	178	75.0	柔道
王卓	男	1990-08-08	178	75.0	柔道



# LONG TERM DEVELOPMENT MODEL 长期发展模式

## Long term development model



激发兴趣      基础      为训练学习      为训练训练      为比赛训练      为获胜训练      积极的生涯



Canada Long Term Athlete Development Model  
加拿大运动员长期发展模型



# LONG TERM DEVELOPMENT MODEL 长期发展模式

## Long term development model

FUN	L2T		T2T	T2C		T2W	
						U21	SENIOR
						National Centre and Coaching	
				U18	Regional / National Center	Tactical / Physical / Technical Training	Tactical / Physical / Technical Training
				Provincial - Regional Center	Tactical / Physical / Technical Training		
				U14	Technical Development	Competition Specific Technical Development	Competition Specific Technical Development
	U12	Technical Development	Technical Development	Competition 8-10 x year	Competition 10-12 x year	Competition 10-15 x year	Competition 10-15 x year
	U10	Technical Development	Competition 6-8 x year	Coordination Speed Endurance	Speed Endurance, Strength	Speed Endurance, Strength, Power	Speed Endurance, Strength, Power
U8	Fundamentals	Intro to Competition 5 x year	Coordination and Speed	Intro to Tactical Training	Intro to Tactical Training	Tactical Training	Tactical and Technical Training 2 x week
Fundamentals	Coordination and Speed	Coordination and Speed	Intro to Mental Training	Mental Training	Mental Training	Mental Training	Mental Training 2 x week
Daily Physical Activity	Daily Physical Activity	Daily Physical Activity	Intro to Cross Training	Cross Training 3 x week	Cross Training 3 x week	Cross Training 3-4 x week	Energy System Training 2 x week Strength Training 3 x week
Judo or Any Other Sport	Judo 2 x week	Judo 2-3 x week	Judo 3 x week	Judo 4-5 x week	Judo 4-5 x week	Judo 6-10 x week	Random Training 5 x week
Healthy Life Style	Healthy Life Style	Healthy Life Style	Healthy Life Style	Healthy Life Style	Healthy Life Style	Healthy Life Style	Healthy Life Style
<b>FUNDamentals</b>	<b>L2T Learn to Train</b>		<b>T2T Train to Train</b>	<b>T2C Train to Compete</b>		<b>T2W Train to Win</b>	




# TEAM WORK 团队合作








## JUDO TEAM STAFF- NATIONAL TEAM 2022

Director Chinese Judo Association: Zhou Jinqiang 


Team leader: Zhang Guanyue 

Head Coach: Felipe Sanchez  Jean Pierre Millon 

Assistant coach: Hiroshi Yamamoto  Cheng Xunzhao  Bao Zhihua 


Yang Xunxia.  Lu Tonjuan.  He Yanzhou  Alamus.  Shao Ning 

Physiotherapist: Diego Martin.  Ben Amour  Gao Xiao Han 

Strength coach: Hassani 

Translator: Zhang Zhihuan 

Scientist: Ma Su Xi 

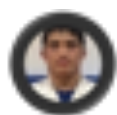
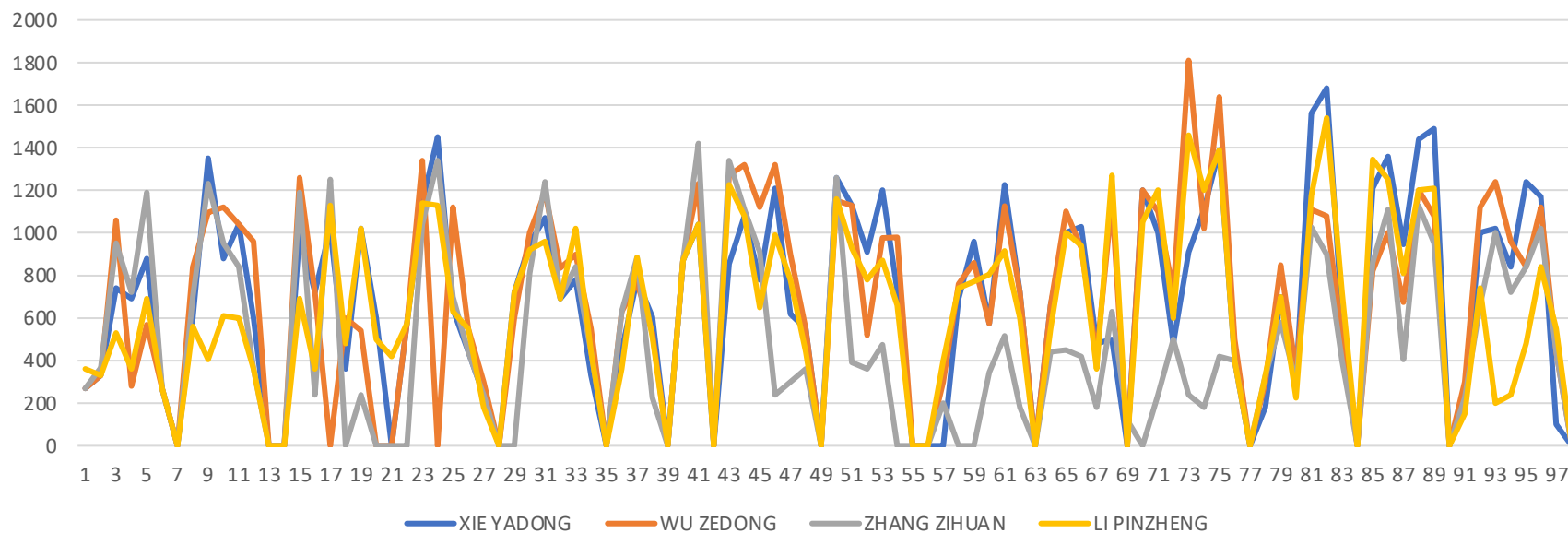
Advisor: Eduardo Carballeira 

Video analyst: Marcus Agostinho 



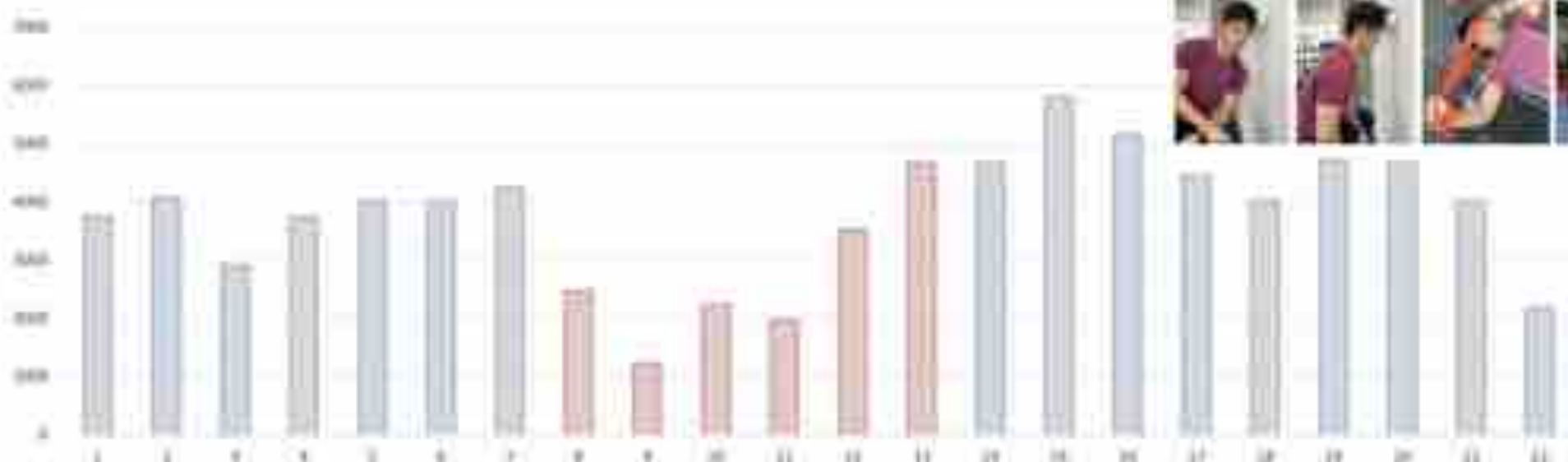
# MONITORING TRAINING LOAD 监控训练负荷

COMPARATIVE DAILY TRAINING LOAD





# MONITORING TRAINING LOAD 监控训练负荷



# MONITORING TRAINING LOAD 监控训练负荷









# TECHNOLOGY 科技



RPE 6





# RESEARCH 科研





# RESEARCH 科研



UNIVERSIDADE UA CORUÑA



# COACHING STYLE 执教风格





# COACHING STYLE 执教风格





# ATHLETES EDUCATION 受教育水平



# CREATE YOUR OWN METHOD 创建你自己的方法





# DO YOU WANT TO BE A BETTER COACH?...STUDY

## 你想成为一名更好的教练吗？学习吧！





# LEARN FROM PEOPLE BETTER THAN YOU

## 向你优秀的人学习



# WORK HARD, DREAM BIG 享受过程





# ENJOY THE PROCESS 享受过程





# BE UPDATED/ MY PROJECT 持续更新/我的项目



**# JUDO CHAT TRAINING**  
Interview with **Aurélien Brasseur**  
Interviewer: **Philippe Bouchard**  
www.judochatting.com

**# JUDO CHAT TRAINING**  
Long-term athlete development model on coaching education  
Interviewer: **Philippe Bouchard**  
www.judochatting.com

**# JUDO CHAT TRAINING**  
Preparatory for Tokyo 2020  
Interviewer: **Philippe Bouchard**  
www.judochatting.com

**# JUDO CHAT TRAINING**  
Interview with **Dustin Kelly**  
Interviewer: **Philippe Bouchard**  
www.judochatting.com

**# JUDO CHAT TRAINING**  
Interview with **Diego Almeida**  
Interviewer: **Philippe Bouchard**  
www.judochatting.com

**# JUDO CHAT TRAINING**  
Seating jiu jiu on the roof of Tokyo 2020  
Interviewer: **Philippe Bouchard**  
www.judochatting.com

**# JUDO CHAT TRAINING**  
Interview with **Neil Adams**  
Interviewer: **Philippe Bouchard**  
www.judochatting.com

**# JUDO CHAT TRAINING**  
Interview with **Caroline Jaramila**  
Interviewer: **Philippe Bouchard**  
www.judochatting.com

**# JUDO CHAT TRAINING**  
Towering and finishing in judo  
Interviewer: **Philippe Bouchard**  
www.judochatting.com

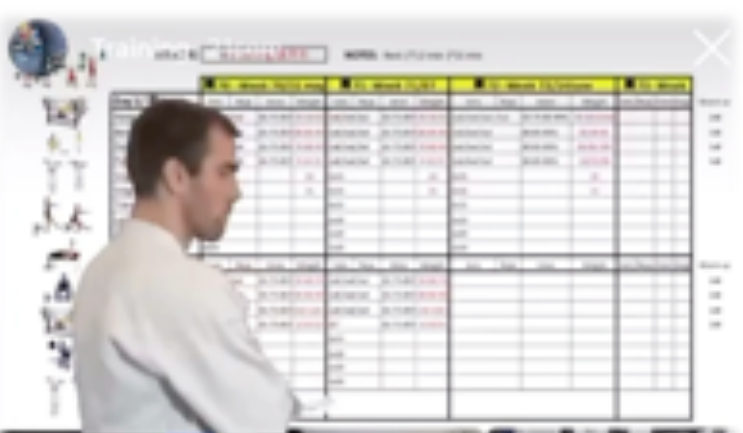












**NO MORE**



**JUDO TRAINING**





PREPARE

00:02

58 UP NEXT WORK:00:20 10

IMPROVE YOUR GRIP

2 ROUNDS 20" ON 8" OFF



MY GRIP





## CONCLUSIONS 结论

- *Analysis of the situation*
- *Long term development model*
- *Find support on science knowledge*
- *Team work*
- *You need to be continuously reevaluating your training methods*
- *Create your own coaching style*
- *Focus on quality*
- *Be always updated*
- *Be flexible*
- *Passion for your work*





Thank You!

谢谢



[felipellanes@gmail.com](mailto:felipellanes@gmail.com)



[www.judotraining.info](http://www.judotraining.info)

