



上海體育學院
SHANGHAI UNIVERSITY OF SPORT

**报告题目：
高水平运动表现
的关键因素**

**Topic:
Key Factors for High Performance**



报告人简介：Felipe Sanchez

FELIPE SÁNCHEZ LLANES

- Degree in Sport Science (European University of Madrid, Spain)
- Master Degree in High Performance (Spanish Olympic Committee)
- Doctorate in Sports Science (University of Leon, Spain)
- Certified Strength Conditioning Specialist (NSCA)

- Judo Head Coach at Shanghai Elite Sports Center
- Performance coach at Chinese Olympic Committee
- Judo Head Coach at University of Oviedo
- Strength & Conditioning coaches in different sports (judo, wrestling, football, tennis, volleyball,...)





- **CHINA AT THE OLYMPICS** 中国在奥运会上
- **SWOT ANALYSIS** 态势分析
- **GOAL SETTING** 目标设定
- **PERIODIZATION** 周期
- **TEAM WORK** 团队工作
- **TRAINING LOAD** 训练负荷
- **EVALUATION** 测试与评估
- **INJURIES** 伤病
- **INVISIBLE TRAINING** 不可视化训练
- **TECHNOLOGY** 科技
- **RESEARCH** 科研
- **MOTIVATION** 训练动机
- **COACHING STYLE** 执教风格
- **EDUCATION** 受教育水平
- **CONCLUSIONS** 结论





CHINA AT THE OLYMPICS 中国在奥运会上

OLYMPIC MEDAL COUNT





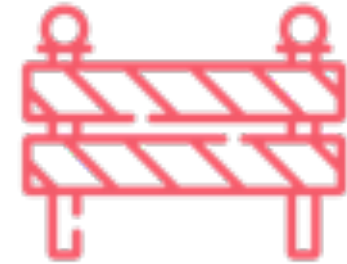


CHINA AT THE OLYMPICS 中国在奥运会上

China didnt win any medal until Los Angeles 1984 Olympic Games



SWOT ANALYSIS 态势分析



STRENGTHS

优势

What do you do well?
What unique resources can you draw on?
What do others see as your strengths?

WEAKNESSES

劣势

What could you improve?
Where do you have fewer resources than others?
What are others likely to see as weaknesses?

OPPORTUNITIES

机会

What opportunities are open to you?
What trends could you take advantage of?
How can you turn your strengths into opportunity.

THREATS

威胁

What threat can harm you?
What is your competitor doing?
What threats do your weaknesses require aspect to pay.



优势

STRENGTHS



What do you do well?
What unique resources
can you draw on?
What do others see as
your strengths?



STRENGTHS 优势

Discipline and sacrifice capacity of their athletes
运动员的高度自律和吃苦耐劳品质





STRENGTHS 优势

Talent selection: 1393 million people (2019) 运动
员选材基数：超13亿人口





STRENGTHS 优势





STRENGTHS 优势





STRENGTHS 优势





STRENGTHS 优势





STRENGTHS 优势

Good investment and support (facilities, human resources,... 政府大力帮扶和投资 (场馆、人力等)





STRENGTHS 优势

Full time athletes 运动员全职训练





STRENGTHS 优势

Reward system

成熟的绩效奖励制度





STRENGTHS 优势

Reward system

成熟的绩效奖励制度





STRENGTHS 优势

Many high performance training centers in China
很多高水平运动表现中心



High Performance Training Centers in Judo



Xinjiang, Mongolia Interior, Heilongjiang, Liaoning, Jilin, Beijing, Hebei, Tianjin, Henan, Shanxi, Shandong, Shaanxi, Jiangsu, Zhejiang, Shanghai, Fujian, Guangdong, Guangxi, Yunnan, Hunan, Hubei, Chongqing, Sichuan, Gansu, Anhui

新疆, 内蒙古, 黑龙江, 辽宁, 吉林, 北京, 河北, 天津, 河南, 山西, 山东, 陕西, 江苏, 浙江, 上海, 福建, 广东, 广西, 云南, 湖南, 湖北, 重庆, 四川, 甘肃,



STRENGTHS 优势

Good sport facilities and many technology
完善的训练场馆和科技设备





STRENGTHS 优势 

Many staff 很多员工





STRENGTHS 优势 

Many athletes 很多运动员





STRENGTHS 优势

Many athletes 很多运动员





STRENGTHS 优势 

Many athletes 很多运动员





STRENGTHS 优势

Many athletes 很多运动员





劣勢

WEAKNESSES



What could you improve?
Where do you have fewer
resources than others?
What are others likely to
see as weaknesses?



WEAKNESSES 劣势

Lack of motivation/passion 运动员缺乏训练动机和激情





WEAKNESSES 劣势

Lack of long term development model
长期规划不明确





WEAKNESSES 劣势

Long term development model

运动员长期发展模型



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



WEAKNESSES 劣势

Long term development model

运动员长期发展模型





WEAKNESSES 劣势

Long term development model

运动员长期发展模型



FUN	L2T		T2T		T2C	T2W		
						UR1	SENIOR	
						National Centre and Carding		
					U18	Regional / National Center		
					U16	Provincial - Regional Center	Tactical / Physical / Technical Training	Tactical / Physical / Technical Training
					U14	Technical Development	Competition Specific Technical Development	Competition Specific Technical Refinement
		U12	Technical Development	Competition 8-10 x year	Competition 10-12 x year	Competition 10-16 x year	Competition 10-16 x year	
	U10	Technical Development	Competition 6-8 x year	Coordination Speed Endurance	Speed Endurance, Strength	Speed Endurance, Strength, Power	Speed Endurance, Strength, Power	
UB	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	Randori 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	
FUNDamentals	L2T Learn to Train		T2T Train to Train		T2C Train to Compete	T2W Train to Win		



WEAKNESSES 劣势

Not much competitions 比赛少





WEAKNESSES 劣势

Low international experience

整体国际比赛经验少





WEAKNESSES 劣势

Many injuries 伤病多





WEAKNESSES 劣势







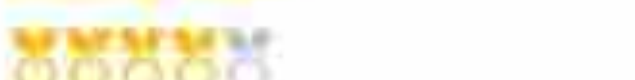



Early retirement 退役早





WEAKNESSES 劣势

Athletes in track & field with more olympic medals

Paavo Nurmi (Fin) 1920, 1924, 1928	
Carl Lewis (EE.UU.) 1984, 1988, 1992, 1996	
Usain Bolt (Jamaica) 2008, 2012, 2016	
Ray Ewry (EE.UU.) 1900, 1904, 1908	
Allyson Felix (EE.UU.) 2004, 2008, 2012, 2016	
Vilho Riipola (Fin) 1924, 1928	
Evelyn Ashford (EE.UU.) 1984, 1988, 1992	
Hannes Kolehmainen (Fin) 1912, 1920	
Mel Sheppard (EE.UU.) 1908, 1912	
Emil Zatopek (Checoslovaquia) 1948, 1952	

<https://www.bbc.com/mundo/noticias-america-latina-37161439>



WEAKNESSES 劣势

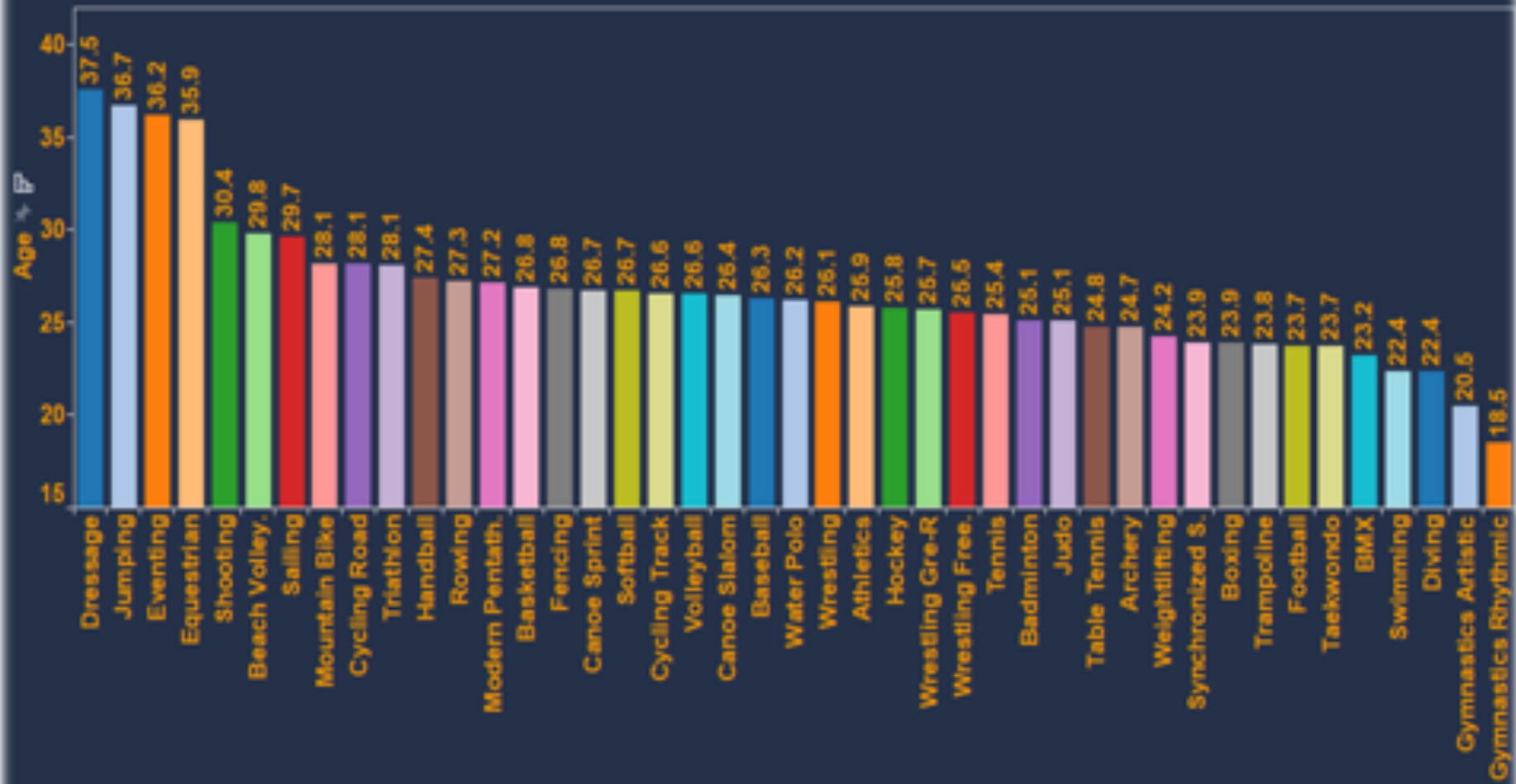
Athletes with more olympic medals





WEAKNESSES 劣势

SUMMER OLYMPICS - Average Age Per Discipline





WEAKNESSES 劣势

Low coach education

基层教练员文化水平普遍偏低





WEAKNESSES 劣势

Bad relationship between national team and provinces teams 国家队和各省队的交流相对匮乏





WEAKNESSES 劣势

Periodization mistakes 周期安排的误区





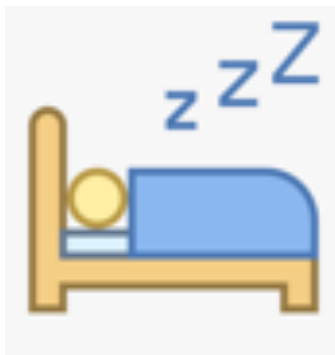
WEAKNESSES 劣势

Invisible training

训练监控的不可视化 (睡眠、营养和恢复等)

Invisible training

- Sleep, rest, nutrition, personal hygiene habits





WEAKNESSES 劣势

Low technical training 专项训练的局限性





WEAKNESSES 劣势

Low international experience in young athletes
在青少年级别的国际比赛经验欠缺





17-YEAR-OLD DARIA BILODID BECAME THE YOUNGEST WORLD JUDO CHAMPION IN HISTORY



Daria Bilodid





机会

OPPORTUNITIES



What opportunities are open to you?

What trends could you take advantage of?

How can you turn your strengths into opportunity.



OPPORTUNITIES 机会

- Diversify national teams 国家级运动队的多样化





OPPORTUNITIES 机会

- Talent selection 有天赋的运动员基数大





OPPORTUNITIES 机会

- Talent selection 有天赋的运动员基数大





OPPORTUNITIES 机会

- Establish cooperation/relationship with other countries 和其他国家的专业队建立合作关系





OPPORTUNITIES 机会

- Possibility of hiring foreign staff 聘用外籍专家





OPPORTUNITIES 机会

- Possibility to organize international big events/leagues 组织举办国际大赛的可能性





OPPORTUNITIES 机会

- China MUST be a reference in sports science 体育
科研有提高空间





OPPORTUNITIES 机会

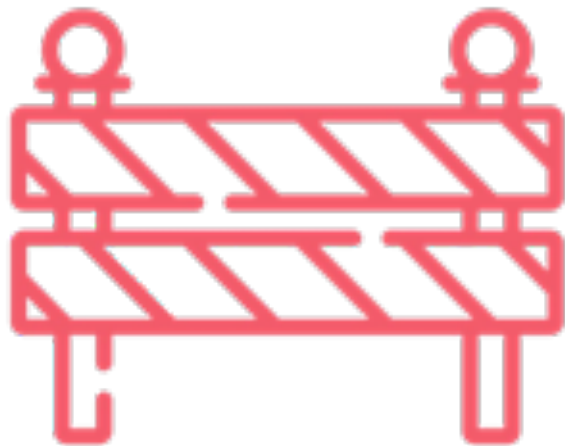
- Improve level in certain sports 在一些项目的水平上中还有提高空间





威胁

THREATS



What threat can harm you?
What is your competitor doing?
What threats do your weaknesses require aspect to pay.



THREATS 威胁

- Reduce Budget 经费减少





THREATS 威胁

- In the future less athletes want to sacrifice their lives 愿意为体育献身的运动员逐渐减少





THREATS 威胁

- Dont have enough support from province teams
省队的资源有限





THREATS 威胁

- Don't be able to create a long term development model for Chinese Team and just focus in short term goals. 不仅要重视短期目标，更要建立长远发展计划





THREATS 威胁

- Interference with Chinese Olympic Committee requirements 领导的想法影响你的工作





THREATS 威胁

- Current situation with COVID-19 pandemic.

疫情的影响





THREATS 威胁

- Many times head coaches don't have enough power 很多时候主教练没有足够的权利





发挥优势因素

WORK ON YOUR
STRENGTHS





克服弱点因素 IMPROVE YOUR WEAKNESSES





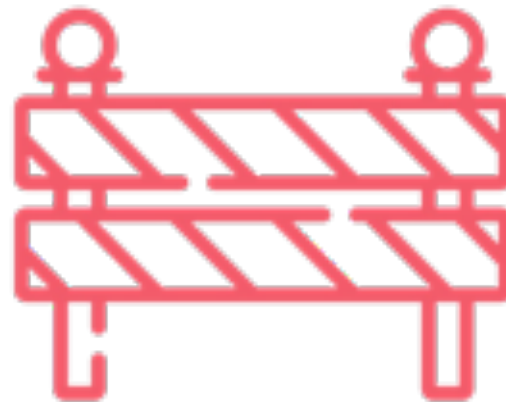
利用机会因素

TAKE ADVANTAGE OF YOURS
OPPORTUNITIES





化解威胁因素 KNOWING YOUR THREATS







GOALS SETTING 目标设定





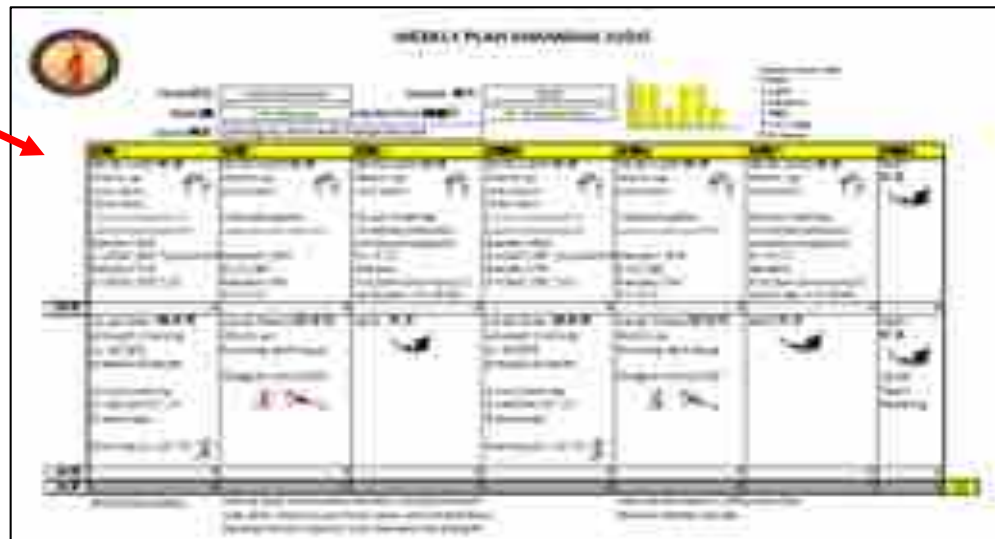
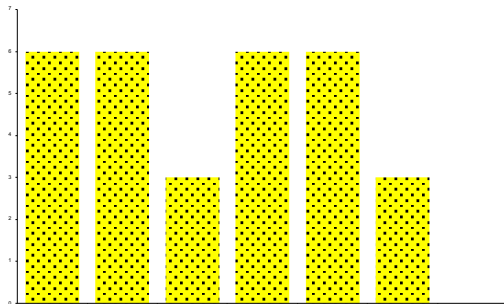
PERIODIZATION 周期



ART or SCIENCE?



PERIODIZATION 周期






TEAM WORK 团队工作

Leader 团队负责人: Mr. Gao 

Sports coordinator: Mrs. Zhang 

Team leader: Shi Hongning 

Head coach 外籍主教练: Felipe Sánchez 

Assistant coach 中方教练: Ji, Wu 

Sports doctor: Mr. Cheng, Miss Gao Xiaohan 

Scientist: Li Bo 

Physiotherapist: Tom Davitt 

Support staff: Shanghai Elite Sport Training Administrative

Center 团队支持: 上海竞技体育训练管理中心





TRAINING LOAD 训练负荷



More ≠ Better

Better = Better



@Judo Diana(光玥)



TRAINING LOAD 训练负荷



How much training should I do?

我应该做多少训练?





TRAINING LOAD 训练负荷

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



PERIODIZATION 周期

WEEKLY PLAN SHANGHAI JUDO

TEAM 队伍: EDO SHANGHAI SEASON 赛季: 2021

WEEK 周: 20-24 November MICROCYCLE 微循环: 2021

教练 教练: Rihongqin, WuJiamin, Felipe Sánchez

星期	星期一	星期二	星期三	星期四	星期五	星期六	星期日
休息	REST 休息	9:00 JUDO 柔道 Warm up 热身 15' Aerobic circuit 6 x 3' / 30" Technical training TW 30' NW 15'	09:00 JUDO 柔道 Warm up 热身 15' Ushikoshi 打込 10' Ugiro 5 x 2' 在位推打込 Nagakura 3 x 3' 投込 Random TW 5x4' / 45" Random NW 3x3' / 30"	REST 休息	9:20 JUDO 柔道 Warm up 热身 15' Aerobic circuit 6 x 3' / 30" Technical training TW 30' NW 15'	09:00 TRACK RUNNING x 12' FOOTBALL 2v 25'	REST 休息
训练	15:00 JUDO 柔道 Warm up 热身 15' Uchi-koma 打込 10' Ugiro 5 x 2' 在位推打込 Nagakura 3 x 3' 投込 Random TW 5x4' / 45" Random NW 3x3' / 30"	16:45 SWIMMING	13:00 GYM 健身房 Warm up 热身 15' strength training 力量训练	16:45 SWIMMING	15:00 GYM 健身房 Warm up 热身 15' strength training 力量训练	REST 休息	REST 休息
训练							
训练							7.8



TRAINING LOAD 训练负荷

RATING OF PERCEIVED EXERTION (RPE)

1	Really easy 十分轻松
2	Easy 轻松
3	Moderate 一般, 中等水平
4	Somewhat hard 有点难
5	Hard 困难
6	
7	Very hard 非常困难
8	
9	Extremely hard 非常, 非常困难
10	Maximal: just like my hardest race 极限的, 是我跑过的最难的





TRAINING LOAD 训练负荷

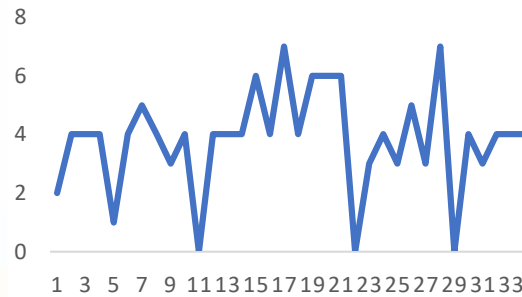




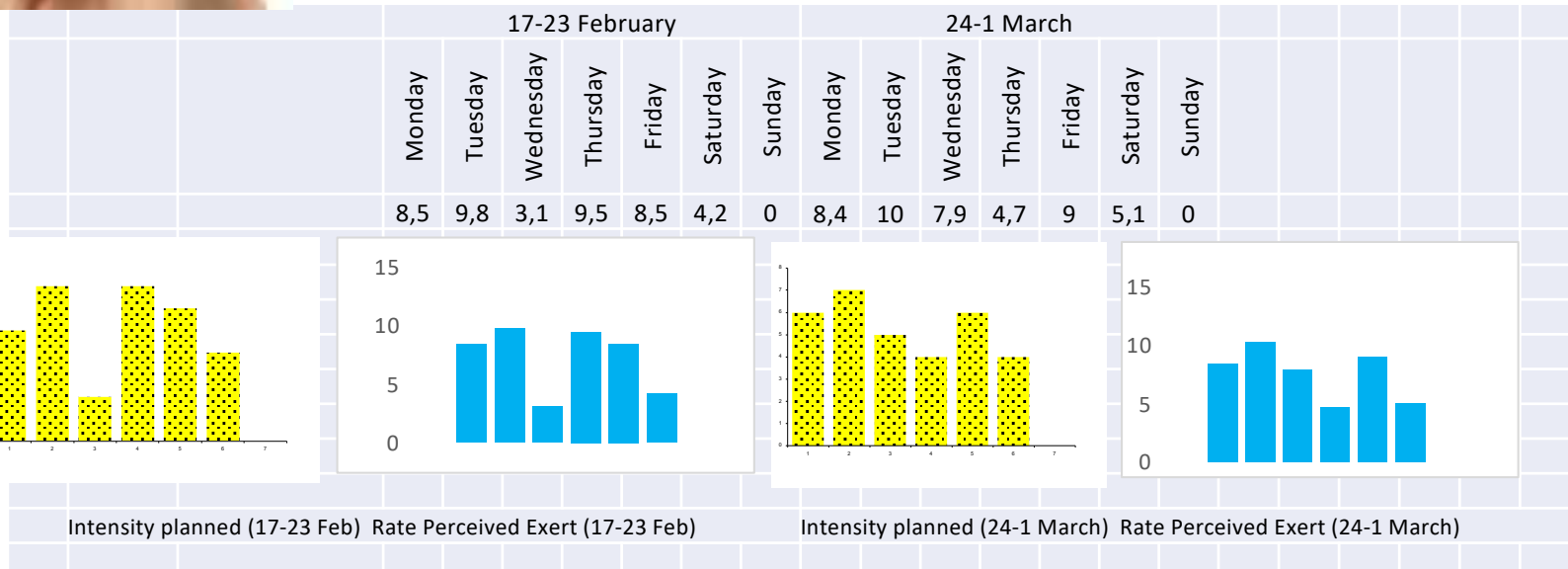
TRAINING LOAD 训练负荷



RPE 谢亚东



		3,9	4,6	4,5	5,3	3,1	4,4	5,1	4,1	4,5
陈一帆	ChenYi fan	3	4	5	5	3	4	6	4	4
费君君	feijunjun	4	5	5	5	3	5	2	4	5
冯多多	FengDuoDuo	4	3	5	5	4	5	5	5	6
姜俊杰	Jiangjunjie	4	7	5	7	3	4	5	4	3
李雪莹	LiXueying	4	3	4	5	2	3	5	4	5
马菲宇	MaFeiyu	4	4	4	5	3	5	6	5	5
浦佳妮	Pujiani	4	3	4	5	2	4	5	3	4
任雅静	RenYajing	5	4	4	5	4	4	5	5	5
孙含	SunHan	3	3	3	3	3	4	3	3	5
王丹妮	Wang Danni			4	5	4	6	7	5	5
王上钧	wang shang jun	4	5	3	3	2	4	6	3	3





TRAINING LOAD 训练负荷



Load = Volume x Intensity

LOAD MONITORING

WORKLOAD MONITORING					L1	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		



TRAINING LOAD 训练负荷




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			



TRAINING LOAD 训练负荷



Monotony index = x average weekly training load / Standart desviation weekly training load

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



COMANDO EXCEL: MEDIA: = 486,11
 DESVIACIÓN ESTANDAR: = 305,88

INDICE MONOTONÍA: 1,58





TRAINING LOAD 训练负荷

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	

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		




COMANDO EXCEL: A2-A1 Calcular %

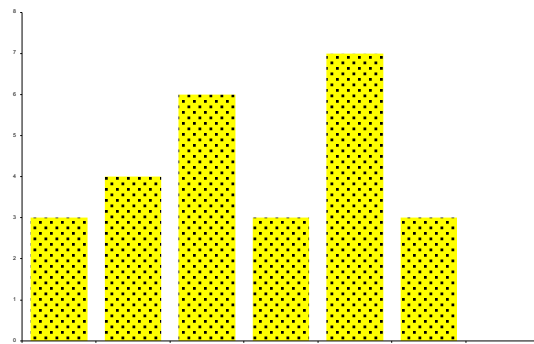
$4375 - 4495 = -120$ -2,67%



TRAINING LOAD 训练负荷



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		






TRAINING LOAD 训练负荷



Index fatigue (strain) = (x weekly load) x (IM)

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 WLCAT		
1275		2,67%	4680		

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					



COMANDO EXCEL: PRODUCTO

INDICE FATIGA AGUDA

Carga media semanal (486,11) x Índice monotonía (1,58) = 722,5



TRAINING LOAD 训练负荷





TRAINING LOAD 训练负荷



WEEKLY PLAN SHANGHAI JUDO

TEAM 团队: JUDO SHANGHAI
 WEEK 周: 26 27 April
 COACH 教练: Lü Hongqian, Wu Huanan, Felipe Sánchez

SEASON 赛季: 2021
 MICROCYCLE 微循环: 28 29 30 April



星期	星期一	星期二	星期三	星期四	星期五	星期六	星期日
休息	REST 休息	09.00 JUDO 柔道 Warm up 热身 15' CIRCUIT ORIGIN 45'	09.00 GYM 健身房 strength training 力量训练 Swimming 12' Uchi komi bands 体方所打込 x 200	REST 休息	09.00 JUDO 柔道 Warm up 热身 15' CIRCUIT ORIGIN 45'	09.00 GYM 健身房 strength training 力量训练 Swimming 12' Uchi komi bands 体方所打込 x 200	REST 休息
训练	11.00 JUDO 柔道 Warm up 热身 15' Uchikomi 打込 10x10 Yasuki group 5x 4/30" Randori TW 投技实践 2x (0x4/30"/1/30" Randori NW 寝技实践 6x3/30"	11.00 JUDO 柔道 Warm up 热身 15' TECHNIQUE 投技技术 Anti waza 30" Randori joshi waza 5 x3" Posic defensa with the pier ROPE CLIMBING x 3	11.00 JUDO 柔道 Warm up 热身 15' Uchikomi 打込 10x10 Yasuki group 5x 4/30" Randori TW 投技实践 2x (0x4/30"/1/30" Randori NW 寝技实践 6x3/30"	11.00 JUDO 柔道 Warm up 热身 15' TECHNIQUE 投技技术 Anti waza 30" Randori anti waza 5 x3" Posic defensa with the pier ROPE CLIMBING x 4	11.00 JUDO 柔道 Warm up 热身 15' Uchikomi 打込 10x10 Yasuki group 5x 4/30" Randori TW 投技实践 2x (0x4/30"/1/30" Randori NW 寝技实践 6x3/30"	REST 休息	REST 休息
训练							
训练							



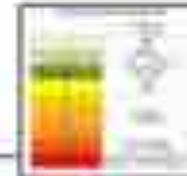


TRAINING LOAD 训练负荷



WEEKLY PLAN SHANGHAI JUDO

TEAM 球队:	JUDO SHANGHAI	SEASON 赛季:	2021
WEEK 周:	25-01 第4周	MICROCYCLE 微循环:	46-cumulat
COACH 教练:	Elumpepla, WuJianan, Felipe Sánchez		



	星期一	星期二	星期三	星期四	星期五	星期六	星期日
09:00 JUDO 柔道	09:00 GYM 健身房	09:00 JUDO 柔道	09:00 GYM 健身房	09:00 JUDO 柔道	09:00 JUDO 柔道	REST 休息	REST 休息
Warm up 热身 15'	strength training 力量训练	Warm up 热身 15'	strength training 力量训练	Warm up 热身 15'	Warm up 热身 15'		
CIRCUIT DRAGON 45'	Rowing 10'	CIRCUIT DRAGON 45'	Rowing 10'	Uchi-komi bands 串力带打站 x 200	Uchi-komi bands 串力带打站 x 200		
	Uchi-komi bands 串力带打站 x 200			Yagiko group 5x 4/30'	Yagiko group 5x 4/30'		
				Random TW 假技实战 6x (2'x2'+2' KaiGeki/45)	Random TW 假技实战 6x (2'x2'+2' KaiGeki/45)		
				Random NW 假技实战 6x3/30'	Random NW 假技实战 6x3/30'		
				Conditioning 体能训练			
训练量	3	3	3	3	3	0	0
13:00 JUDO 柔道	13:00 JUDO 柔道	13:00 JUDO 柔道	13:00 JUDO 柔道	13:00 JUDO 柔道	REST 休息	REST 休息	REST 休息
Warm up 热身 15'	Warm up 热身 15'	Warm up 热身 15'	Warm up 热身 15'	Warm up 热身 15'			
Uchi-komi	TECHNIQUE 假技技术	Uchi-komi	TECHNIQUE 假技技术	TECHNIQUE 假技技术			
Yagiko group 5x 4/30'		Yagiko group 5x 4/30'					
Random TW 假技实战 6x (2'x2'+2' KaiGeki/45)		Random TW 假技实战 6x (2'x2'+2' KaiGeki/45)					
Random NW 假技实战 6x3/30'	ROPE CLIMBING 3	Random NW 假技实战 6x3/30'					
		4 jacket/4 no jacket					
		Random NW 假技实战 6x3/30' 3 jacket/3 no					
		ROPE CLIMBING 4					
训练量	3	3	3	3	0	0	0
训练量	4	4	4	4	4	0	0



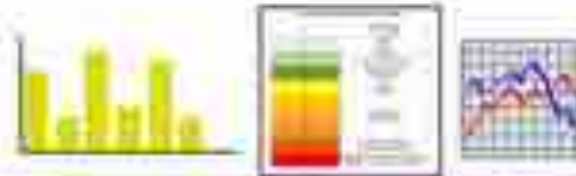


TRAINING LOAD 训练负荷



WEEKLY PLAN SHANGHAI JUDO

TEAM 队伍	JUDO SHANGHAI	SEASON 赛季	2021
WEEK 周	2021 May	MINOCYCLE 微周期	87-cumulat
COACH 教练	Ji Hongxia, Wu Xianan, Felipe Sánchez		



星期一	星期二	星期三	星期四	星期五	星期六	星期日
08:00 JUDO 柔道 Warm up 热身 15' Running 1 x 6/5/4 laps 1' rest Conditioning	08:30 JUDO 柔道 Warm up 热身 15' Technique 30' Kumikata 20' Nage-komi 15' Random NW 随机实战 6 x 3/30" Conditioning	09:00 GYM 健身房 Strength training 力量训练 Rowing 2000 ft 12' Running	REST 休息	09:00 GYM 健身房 Strength training 力量训练 Rowing 2000 ft 12' Running	09:00 JUDO 柔道 Warm up 热身 15' Yaku-soku-giho 乱想技打 5 x 1' / 20" Nage-komi 乱站 3 x 1' / 20" Running 22'	REST 休息
15:00 JUDO 柔道 Warm up 热身 13' Uchi-komi Circuit training 5 x (3x1) Random 6 x (2TW+2NW+2TW) 4 with judogi 4 without ROPE CLIMBING x 4	EXHIBITION	15:00 JUDO 柔道 Warm up 热身 10' Random TW 投技实战 "Mitaru-goshi" 18 x 3' / 30" 4 athletes (middle of West of Judo) x 7'	15:00 JUDO 柔道 Warm up 热身 15' Technique 30' Kumikata 20' Nage-komi 15' Random NW 随机实战 20' Ippon ROPE CLIMBING x 5	15:00 JUDO 柔道 Warm up 热身 15' Uchi-komi Circuit training 5 x (3x1) Random 6 x (2TW+2NW+2TW) 4 with judogi 4 without Rest	REST 休息	REST 休息
TRIP						
TRIP						



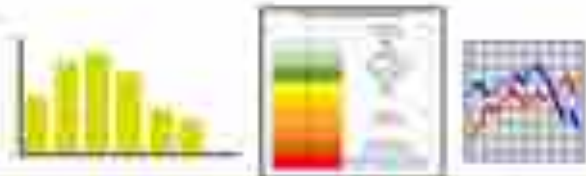


TRAINING LOAD 训练负荷



WEEKLY PLAN SHANGHAI JUDO

TEAM 团队:	SHANGHAI JUDO TEAM	SEASON 赛季:	2021
WEEK 周:	19-25 May	MICROCYCLE 微循环:	45-cathodic
COACH 教练:	Eduardoguis, Wu Yuanzen, Felipe Sánchez		




星期	星期一	星期二	星期三	星期四	星期五	星期六	星期日
REST 休息	REST 休息	09:00 GYM 健身房 Warm up 热身 15' strength training 力量训练 Rowing 2000 m 12' rowing	09:00 JUDO 柔道 Warm up 热身 15' Running 1 x 6/5/4 laps 2' rest Conditioning ROPE CLIMBING x 3	09:00 GYM 健身房 Warm up 热身 15' WEIGHTLIFTING 举重 CORE training	09:00 GYM 健身房 Warm up 热身 15' strength training 力量训练 Rowing 2000 m 12' rowing	09:00 GYM 健身房 Warm up 热身 15' UKI-tachi 弹力带训练 x 300 Rowing 2000 m Conditioning	REST 休息
训练	14:15 JUDO 柔道 Warm up 热身 15' Uki-kata Circuit training 5 x (5+1) Randori 10 x 2'TW+2'NW+2'TW 5 with judogi 4 without ROPE CLIMBING x 3	JUDO 柔道 group 1- 14:30 group 2- 16:00 Warm up 热身 15' technique 30' Kumikata 20' Nage-kumi 10' Randori NW 寝技实战 15'	15:00 JUDO 柔道 Warm up 热身 10' Randori TW 投技实战 "Mito-gachi" 10 x 5/30" 4 amaris more goal Wrestling practice x 5	JUDO 柔道 group 1- 14:30 group 2- 16:00 Warm up 热身 15' Technique 30' Kumikata 20' Nage-kumi 10' Randori VW 寝技实战 15'	REST 休息	REST 休息	REST 休息
训练	3	4	5	6	7	8	9
训练	3	4	5	6	7	8	9


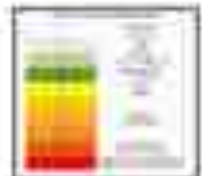





TRAINING LOAD 训练负荷



WEEKLY PLAN SHANGHAI JUDO

TEAM 球队:	JUDO SHANGHAI		SEASON 赛季:	2022				
WEEK 周:	17-23 May		MICROCYCLE 微循环:	48-striking				
COACH 教练:	Ishiyama, WuJialan, Felipe Sánchez							

星期	星期一	星期二	星期三	星期四	星期五	星期六	星期日
训练	REST 休息	09:00-09:30 热身 Warm up 热身 15' strength training 力量训练 Rowing 2000 m	09:00 JUDO 柔道 Warm up 热身 15' Running 1 x 6'/4 laps 2' rest. Conditioning ROPE CLIMBING x 6	09:00 GYM 健身房 Warm up 热身 15' strength training 力量训练 ROPE CLIMBING x 6	09:00 JUDO 柔道 Warm up 热身 15' Yuku saku yuki 滑对滑打站 3 x 3' / 20" Nagekomi 投込 5 x 1' + 1' / 20" ROPE CLIMBING x 6	09:00 GYM 健身房 Warm up 热身 15' strength training 力量训练 Rowing 2000 m	REST 休息
强度	0	3	3	3	2	3	0
训练	13:00 JUDO 柔道 Running 跑步 25' Circuit training 3 x (3x1) Randori 10 x (2' TW + 2' NW + 2' TW) 5 with judogi 4 without ROPE CLIMBING x 6	JUDO 柔道 group 1 - 24:30 group 2 - 18:00 Warm up 热身 15' Technique 30' Kumikata 20' Nagekomi 15' Randori NW 寝技柔道 15'	13:00 JUDO 柔道 Warm up 热身 30' Randori TW 寝技柔道 "Mato gachi" 10 x 5' / 30" 6 athletes must do it (Warm up athletes x 7)	JUDO 柔道 group 1 - 24:30 group 2 - 23:45 Warm up 热身 15' Technique 30' Kumikata 20' Nagekomi 10' Randori NW 寝技柔道 15'	13:00 JUDO 柔道 Running 跑步 25' Circuit training 3 x (3x1) Randori 8 x (2' TW + 2' NW + 2' TW) 4 with judogi 4 one with judogi other without	REST 休息	REST 休息
强度	4	4	4	4	4	0	0
强度	4	0	3	3	3	4	0



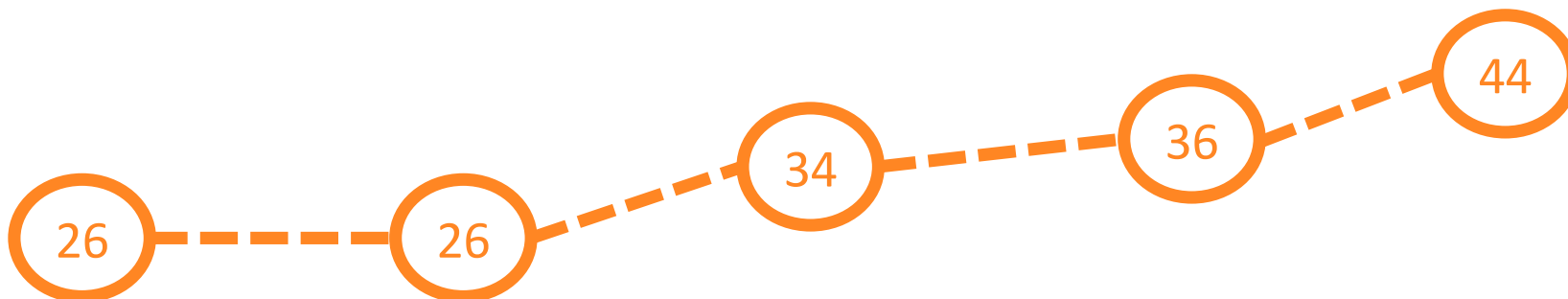
TRAINING LOAD 训练负荷

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			

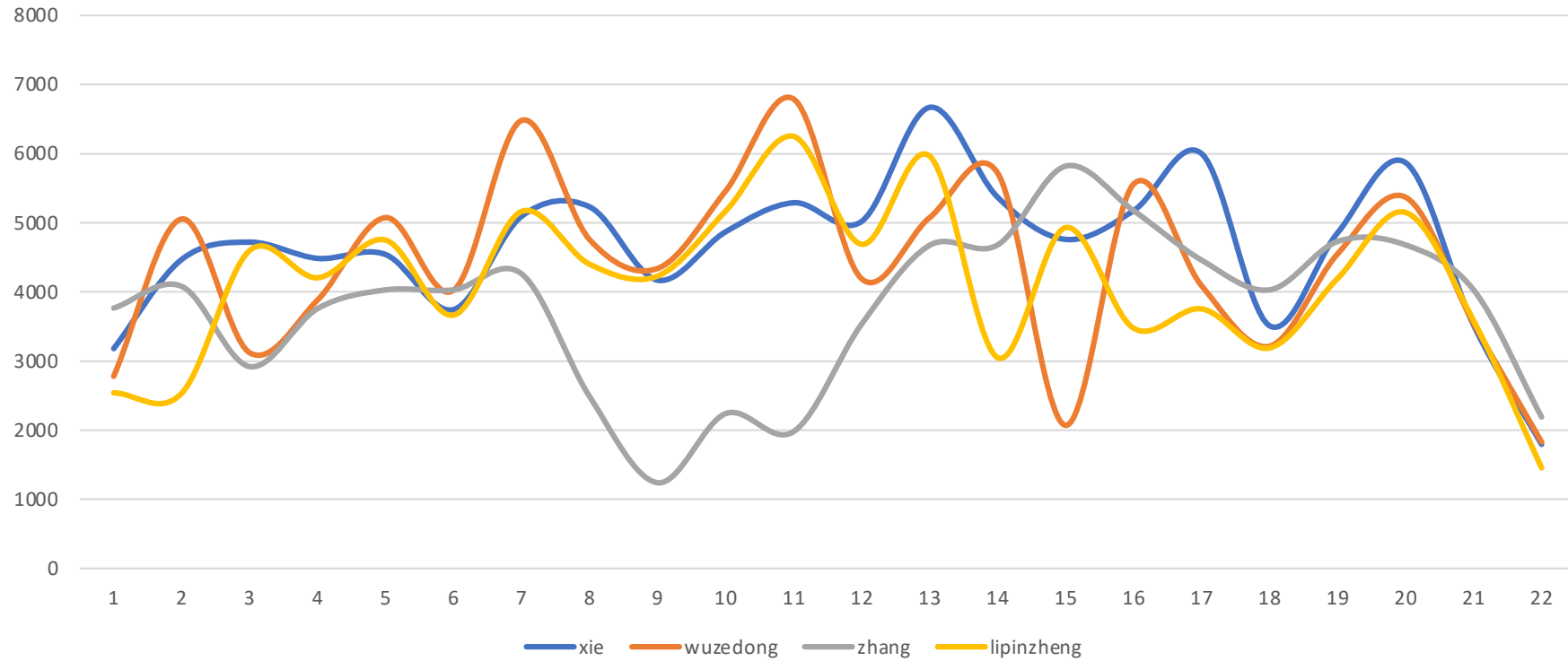
XieYadong		90	MALE	0	0
	2021-04-26	600	660		
	2021-04-27	1350	1290		
	2021-04-28	880	915		
	2021-04-29	1040	860		
	2021-04-30	600	600		
	2021-05-01	0	-		
	2021-05-02	0	-		
WEEK LOAD	% DIF WK	AVG WL CAT			
4470	645,00%	4325			

XieYadong		90	MALE	0	0
	2021-05-03	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			





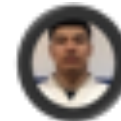
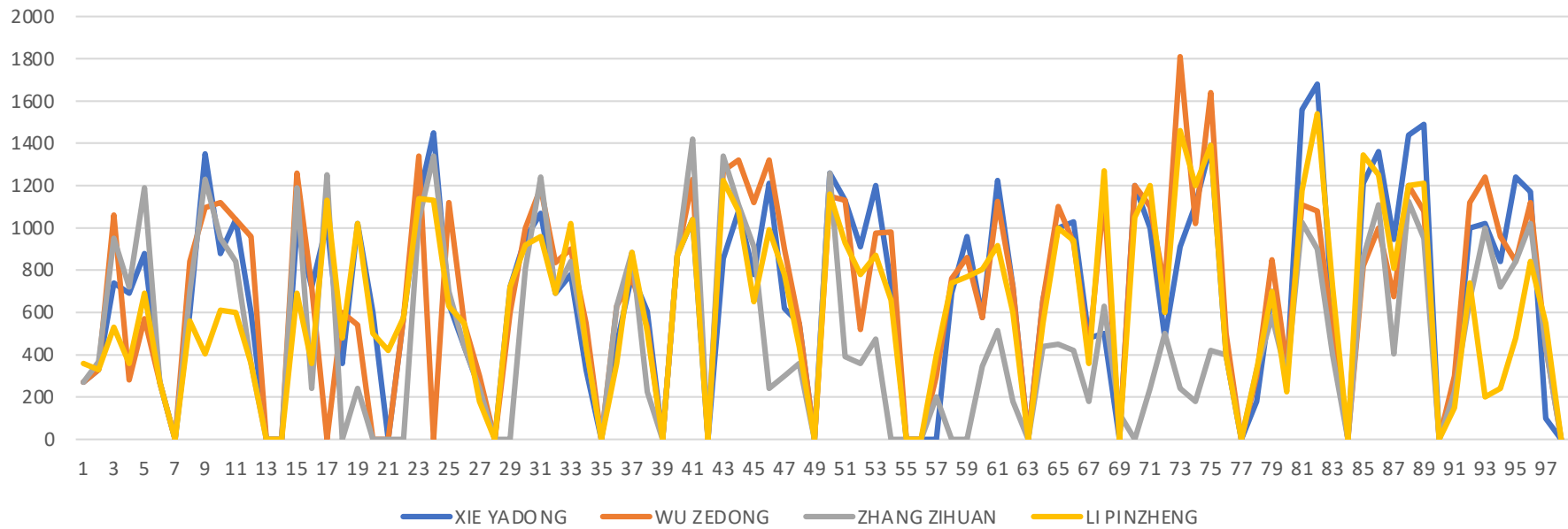
TRAINING LOAD 训练负荷





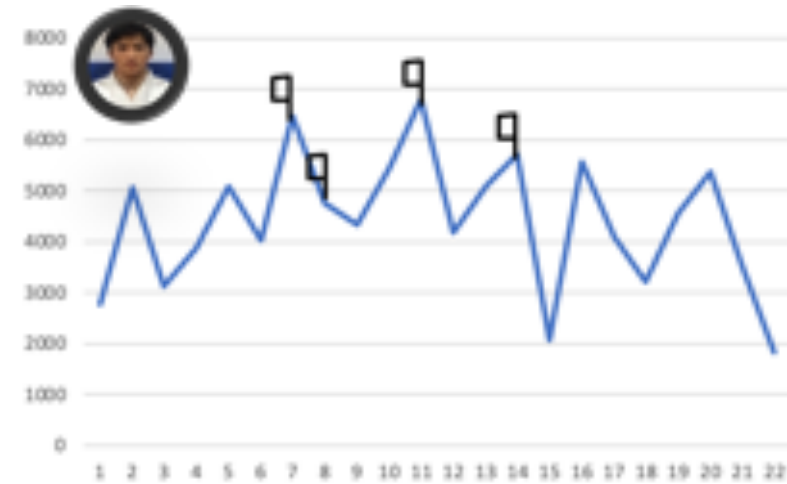
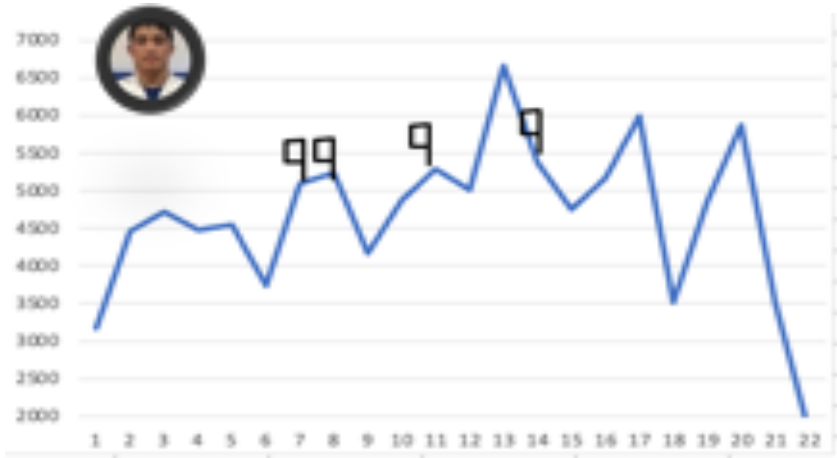
TRAINING LOAD 训练负荷

COMPARATIVE DAILY TRAINING LOAD





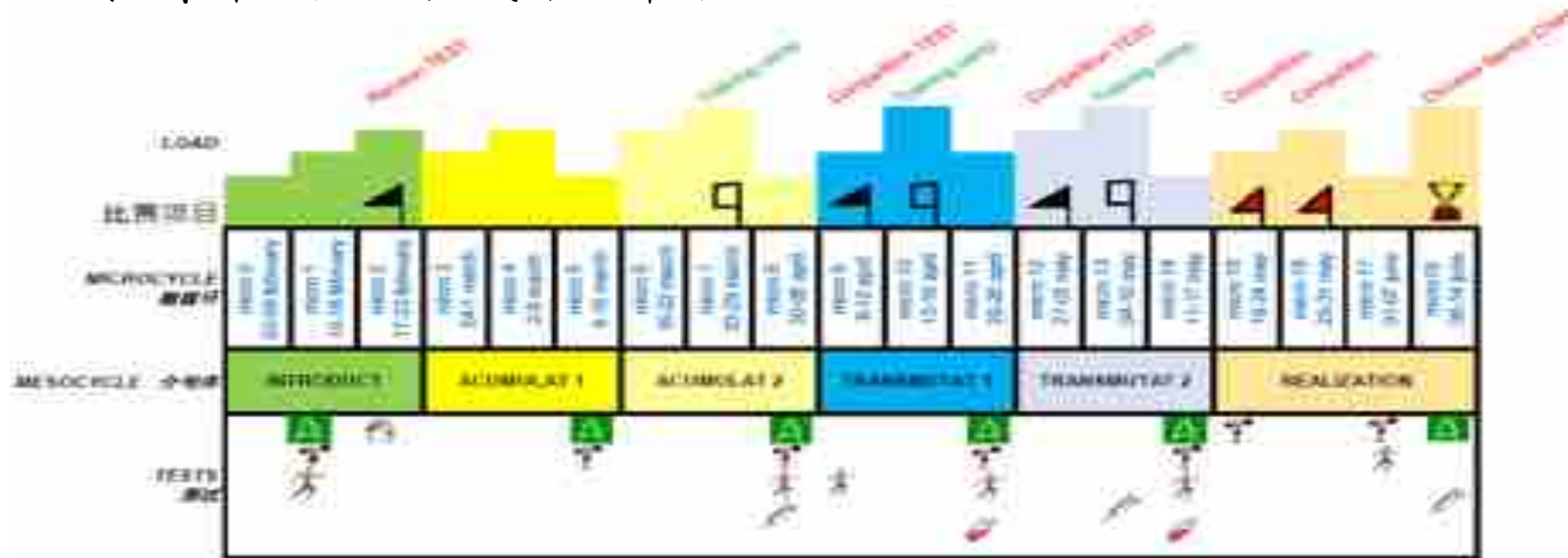
TRAINING LOAD 训练负荷





EVALUATION 测试与评估

安排各项测试和评估



Body composition

身体成分

Technique test

柔道技术测试

Endurance test

耐力测试

Blood analysis

生理生化测试

Strength test

力量测试

Lactate test

血乳酸测试



EVALUATION 测试与评估





SQUAD 13284 (A-Z)

Judo

ATHLETE BY

YADONG Xie

BODYMASS 65.51 kg



REPS
0
3

SET
4
1

RECORDING ATHLETE 2/2

Bench Press - Wide Grip

RECORDING TEST WITH 13284

All



BAR Graph Mean Velocity (m/s)



BAR
110.00
kg

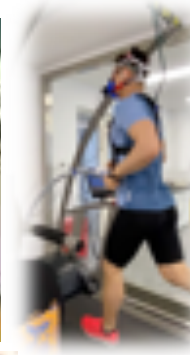
Mean Velocity (m/s)

106.78kg - 111.00kg



LOGGED IN





Variable	Unit	Mean	SD	Range
Age	Years	26.1	2.1	22-32
Height	cm	178.5	5.2	170-185
Weight	kg	78.5	8.5	65-90
Body fat (%)	%	12.5	2.5	8-18
Maximal oxygen uptake (VO2max)	l·min ⁻¹	45.5	5.5	35-55
Maximal heart rate (HRmax)	beats·min ⁻¹	195	10	180-205
Maximal power (Pmax)	W	3200	400	2500-4000
Maximal force (Fmax)	N	2800	300	2000-3500
Maximal velocity (Vmax)	m·s ⁻¹	1.8	0.2	1.5-2.2
Maximal force-velocity (FVmax)	N·m·s ⁻¹	5000	600	4000-6000
Maximal force-velocity squared (FV ² max)	N ² ·m ² ·s ⁻²	9000	1000	7000-11000
Maximal force-velocity cubed (FV ³ max)	N ³ ·m ³ ·s ⁻³	15000	2000	12000-18000
Maximal force-velocity to the power of 4 (FV ⁴ max)	N ⁴ ·m ⁴ ·s ⁻⁴	25000	3500	20000-30000
Maximal force-velocity to the power of 5 (FV ⁵ max)	N ⁵ ·m ⁵ ·s ⁻⁵	40000	5500	30000-50000
Maximal force-velocity to the power of 6 (FV ⁶ max)	N ⁶ ·m ⁶ ·s ⁻⁶	60000	8000	45000-80000
Maximal force-velocity to the power of 7 (FV ⁷ max)	N ⁷ ·m ⁷ ·s ⁻⁷	85000	11000	60000-120000
Maximal force-velocity to the power of 8 (FV ⁸ max)	N ⁸ ·m ⁸ ·s ⁻⁸	115000	15000	80000-150000
Maximal force-velocity to the power of 9 (FV ⁹ max)	N ⁹ ·m ⁹ ·s ⁻⁹	150000	20000	100000-200000
Maximal force-velocity to the power of 10 (FV ¹⁰ max)	N ¹⁰ ·m ¹⁰ ·s ⁻¹⁰	190000	25000	130000-250000
Maximal force-velocity to the power of 11 (FV ¹¹ max)	N ¹¹ ·m ¹¹ ·s ⁻¹¹	240000	30000	160000-300000
Maximal force-velocity to the power of 12 (FV ¹² max)	N ¹² ·m ¹² ·s ⁻¹²	300000	35000	200000-350000
Maximal force-velocity to the power of 13 (FV ¹³ max)	N ¹³ ·m ¹³ ·s ⁻¹³	370000	40000	250000-400000
Maximal force-velocity to the power of 14 (FV ¹⁴ max)	N ¹⁴ ·m ¹⁴ ·s ⁻¹⁴	450000	45000	300000-450000
Maximal force-velocity to the power of 15 (FV ¹⁵ max)	N ¹⁵ ·m ¹⁵ ·s ⁻¹⁵	540000	50000	350000-500000
Maximal force-velocity to the power of 16 (FV ¹⁶ max)	N ¹⁶ ·m ¹⁶ ·s ⁻¹⁶	640000	55000	400000-550000
Maximal force-velocity to the power of 17 (FV ¹⁷ max)	N ¹⁷ ·m ¹⁷ ·s ⁻¹⁷	750000	60000	450000-600000
Maximal force-velocity to the power of 18 (FV ¹⁸ max)	N ¹⁸ ·m ¹⁸ ·s ⁻¹⁸	870000	65000	500000-650000
Maximal force-velocity to the power of 19 (FV ¹⁹ max)	N ¹⁹ ·m ¹⁹ ·s ⁻¹⁹	1000000	70000	550000-700000
Maximal force-velocity to the power of 20 (FV ²⁰ max)	N ²⁰ ·m ²⁰ ·s ⁻²⁰	1150000	75000	600000-750000



Variable	Unit	Mean	SD	Range
Maximal force-velocity to the power of 21 (FV ²¹ max)	N ²¹ ·m ²¹ ·s ⁻²¹	1300000	80000	650000-800000
Maximal force-velocity to the power of 22 (FV ²² max)	N ²² ·m ²² ·s ⁻²²	1450000	85000	700000-850000
Maximal force-velocity to the power of 23 (FV ²³ max)	N ²³ ·m ²³ ·s ⁻²³	1600000	90000	750000-900000
Maximal force-velocity to the power of 24 (FV ²⁴ max)	N ²⁴ ·m ²⁴ ·s ⁻²⁴	1750000	95000	800000-950000
Maximal force-velocity to the power of 25 (FV ²⁵ max)	N ²⁵ ·m ²⁵ ·s ⁻²⁵	1900000	100000	850000-1000000
Maximal force-velocity to the power of 26 (FV ²⁶ max)	N ²⁶ ·m ²⁶ ·s ⁻²⁶	2050000	105000	900000-1050000
Maximal force-velocity to the power of 27 (FV ²⁷ max)	N ²⁷ ·m ²⁷ ·s ⁻²⁷	2200000	110000	950000-1100000
Maximal force-velocity to the power of 28 (FV ²⁸ max)	N ²⁸ ·m ²⁸ ·s ⁻²⁸	2350000	115000	1000000-1150000
Maximal force-velocity to the power of 29 (FV ²⁹ max)	N ²⁹ ·m ²⁹ ·s ⁻²⁹	2500000	120000	1050000-1200000
Maximal force-velocity to the power of 30 (FV ³⁰ max)	N ³⁰ ·m ³⁰ ·s ⁻³⁰	2650000	125000	1100000-1250000
Maximal force-velocity to the power of 31 (FV ³¹ max)	N ³¹ ·m ³¹ ·s ⁻³¹	2800000	130000	1150000-1300000
Maximal force-velocity to the power of 32 (FV ³² max)	N ³² ·m ³² ·s ⁻³²	2950000	135000	1200000-1350000
Maximal force-velocity to the power of 33 (FV ³³ max)	N ³³ ·m ³³ ·s ⁻³³	3100000	140000	1250000-1400000
Maximal force-velocity to the power of 34 (FV ³⁴ max)	N ³⁴ ·m ³⁴ ·s ⁻³⁴	3250000	145000	1300000-1450000
Maximal force-velocity to the power of 35 (FV ³⁵ max)	N ³⁵ ·m ³⁵ ·s ⁻³⁵	3400000	150000	1350000-1500000
Maximal force-velocity to the power of 36 (FV ³⁶ max)	N ³⁶ ·m ³⁶ ·s ⁻³⁶	3550000	155000	1400000-1550000
Maximal force-velocity to the power of 37 (FV ³⁷ max)	N ³⁷ ·m ³⁷ ·s ⁻³⁷	3700000	160000	1450000-1600000
Maximal force-velocity to the power of 38 (FV ³⁸ max)	N ³⁸ ·m ³⁸ ·s ⁻³⁸	3850000	165000	1500000-1650000
Maximal force-velocity to the power of 39 (FV ³⁹ max)	N ³⁹ ·m ³⁹ ·s ⁻³⁹	4000000	170000	1550000-1700000
Maximal force-velocity to the power of 40 (FV ⁴⁰ max)	N ⁴⁰ ·m ⁴⁰ ·s ⁻⁴⁰	4150000	175000	1600000-1750000



EVALUATION 测试与评估

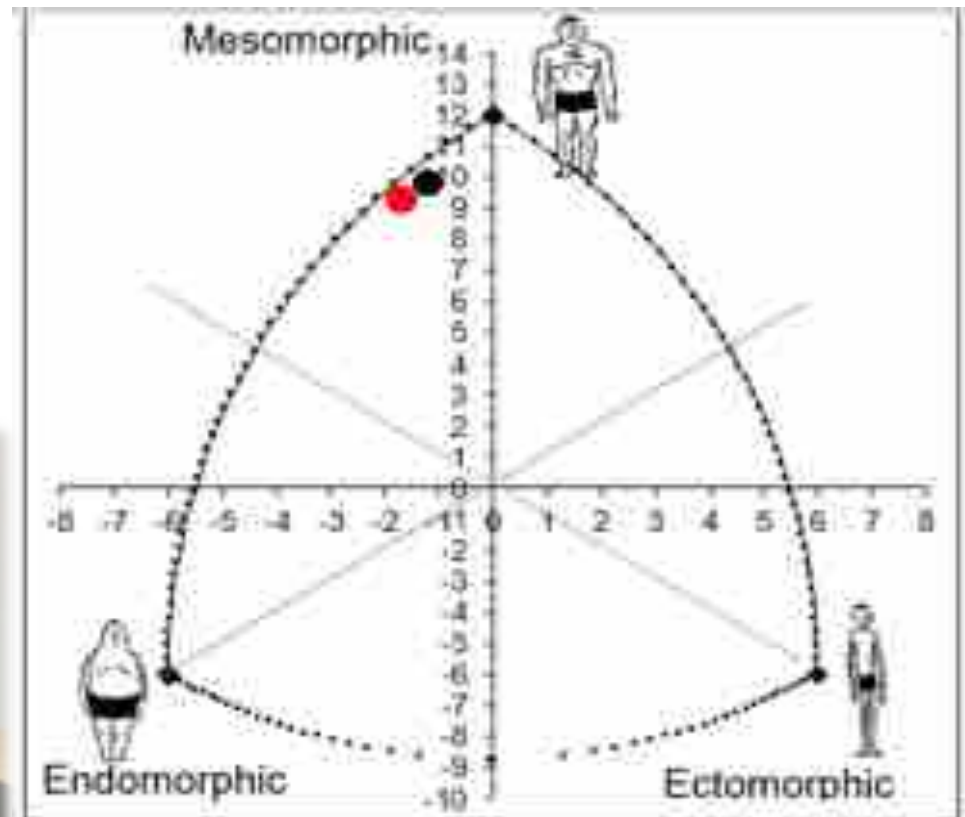


A BODY COMPOSITION 身体成分

Somatotype 体型类型

or compare with
your own data

我们可以拿自己不同时间的
的数据作比较



● 02-2020 ● 05-2020



EVALUATION 测试与评估



BODY COMPOSITION 身体成分

% Body fat
体脂率

世界不同
国家男女
柔道运动员
的体脂率
数据分析



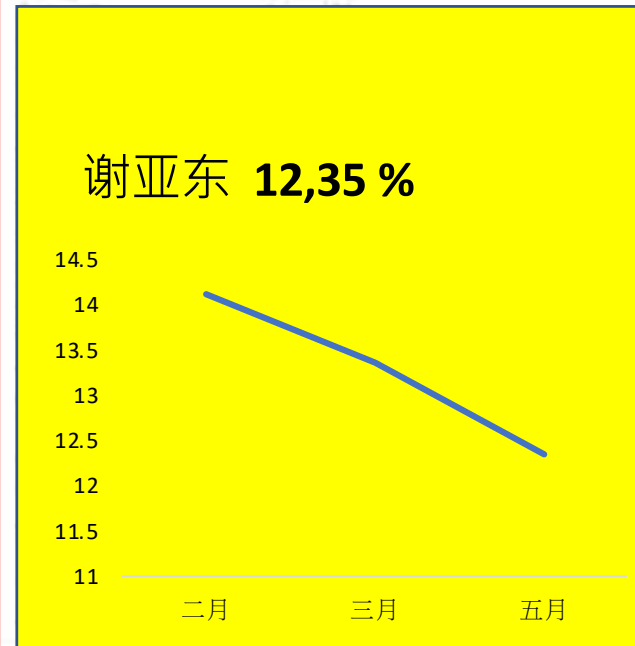
Table 6. Percentage body fat in judokas

Athlete characteristics	Body mass (kg) (mean ± SD)	Body fat (%) (mean ± SD)	Predicted maximal fatness	Reference
Men				
Hungarian team (n=7)	80 ± 27 ^a	8.4 ± 6.0	10.0	
Hungarian team (n=11)	~70 ^a	14.6 ± 7.2	10.0	
Canadian team 1987 (n=25)	75.6 ± 13.2	9.9 ± 2.1	10.0	
US team (n=6)	81.6 ± 12.7	12.8 ± 1.8	10.0	
US team (n=12)	85.1 ± 12.8	8.2 ± 1.2	10.0	
Canadian (n=17)	75.2 ± 14.9	10.8 ± 1.2	10.0	
Beijing University team (n=17)	80.2 ± 14.9	11.1 ± 3.1	10.0	
Polish (n=15)	82.8 ± 18.4	15.7 ± 5.8	10.0	
Beijing University team 2000 (n=10)	85.0 ± 19.0	12.7 ± 3.2	10.0	
Beijing Olympic team 2000 (n=7)	89 ^b	7.6 ± 2.2	10.0	
Canadian (n=6)	88 ^b	10.8 ± 1.2	10.0	
Beijing team A (n=7)	83.8 ± 22.8	11.4 ± 4.4	10.0	
Beijing team B (n=15)	86.5 ± 18.2	11.7 ± 3.7	10.0	
Women				
Polish team (n=22)	68.1 ± 7.8	22.8 ± 2.2	10.0	
Canadian (n=6)	62.2 ± 2.2	15.2 ± 2.1	10.0	
US team (n=7)	56.2 ± 2.9	15.8 ± 1.2	10.0	
US team (n=9)	53.8 ± 1.6	16.2 ± 1.6	10.0	
Beijing University team (n=7)	66.5 ± 14.5	16.1 ± 2.2	10.0	
Beijing Olympic team 2000 (n=4)	60.2 ± 8.7	22.4 ± 3.2	10.0	
Canadian (n=6)	68 ^b	18.2 ± 4.2	10.0	

^a - athletes body mass ranged from 60kg to 120kg

^b - athletes body mass was < 70kg

SD = standard deviation





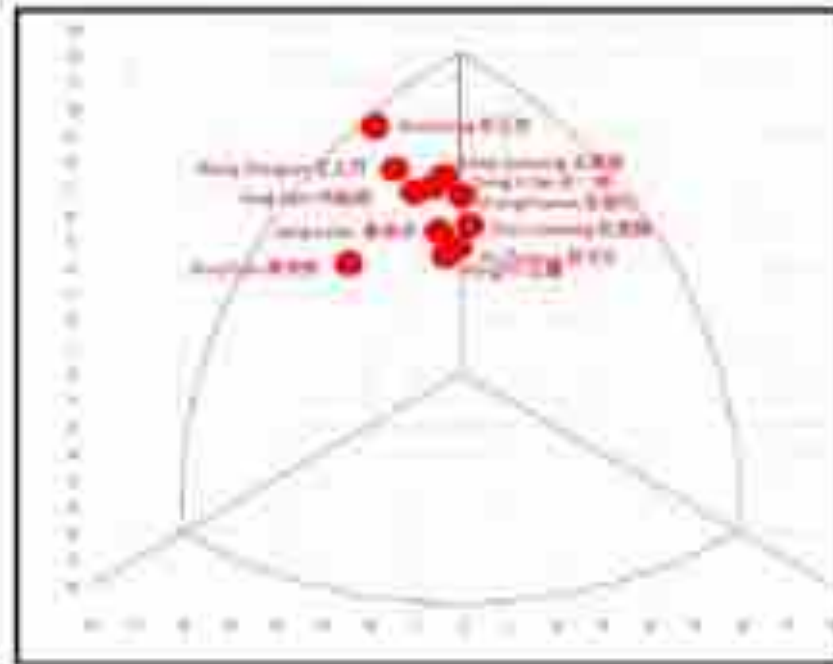
EVALUATION 测试与评估



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





EVALUATION 测试与评估



STRENGTH

Isometric handgrip strength

Test	Right Hand	Left Hand
1RM	100	100
2RM	100	100
3RM	100	100
4RM	100	100
5RM	100	100
6RM	100	100
7RM	100	100
8RM	100	100
9RM	100	100
10RM	100	100
11RM	100	100
12RM	100	100
13RM	100	100
14RM	100	100
15RM	100	100
16RM	100	100
17RM	100	100
18RM	100	100
19RM	100	100
20RM	100	100
21RM	100	100
22RM	100	100
23RM	100	100
24RM	100	100
25RM	100	100
26RM	100	100
27RM	100	100
28RM	100	100
29RM	100	100
30RM	100	100
31RM	100	100
32RM	100	100
33RM	100	100
34RM	100	100
35RM	100	100
36RM	100	100
37RM	100	100
38RM	100	100
39RM	100	100
40RM	100	100
41RM	100	100
42RM	100	100
43RM	100	100
44RM	100	100
45RM	100	100
46RM	100	100
47RM	100	100
48RM	100	100
49RM	100	100
50RM	100	100
51RM	100	100
52RM	100	100
53RM	100	100
54RM	100	100
55RM	100	100
56RM	100	100
57RM	100	100
58RM	100	100
59RM	100	100
60RM	100	100
61RM	100	100
62RM	100	100
63RM	100	100
64RM	100	100
65RM	100	100
66RM	100	100
67RM	100	100
68RM	100	100
69RM	100	100
70RM	100	100
71RM	100	100
72RM	100	100
73RM	100	100
74RM	100	100
75RM	100	100
76RM	100	100
77RM	100	100
78RM	100	100
79RM	100	100
80RM	100	100
81RM	100	100
82RM	100	100
83RM	100	100
84RM	100	100
85RM	100	100
86RM	100	100
87RM	100	100
88RM	100	100
89RM	100	100
90RM	100	100
91RM	100	100
92RM	100	100
93RM	100	100
94RM	100	100
95RM	100	100
96RM	100	100
97RM	100	100
98RM	100	100
99RM	100	100
100RM	100	100



谢亚东 Right: 68 Left: 65



EVALUATION 测试与评估



STRENGTH 力量测试

Isometric grip

Endurance judogi grip test

等距抓握

柔道握力耐力测试

右侧两图为国际上优秀运动员这两项的测试指标文献

Endurance in judogi grip strength tests: Comparison between elite and non-elite judo players

Esteban Fuentes¹, David Moya², Luciana Muñoz³, Fabrice Brouha⁴ & Ismael Sánchez^{1*}

¹Escuela de Entrenamiento de Alto Rendimiento de la Real Federación Española de Judo, Madrid, Spain; ²Escuela de Entrenamiento de Alto Rendimiento de la Real Federación Española de Judo, Madrid, Spain; ³Escuela de Entrenamiento de Alto Rendimiento de la Real Federación Española de Judo, Madrid, Spain; ⁴Escuela de Entrenamiento de Alto Rendimiento de la Real Federación Española de Judo, Madrid, Spain

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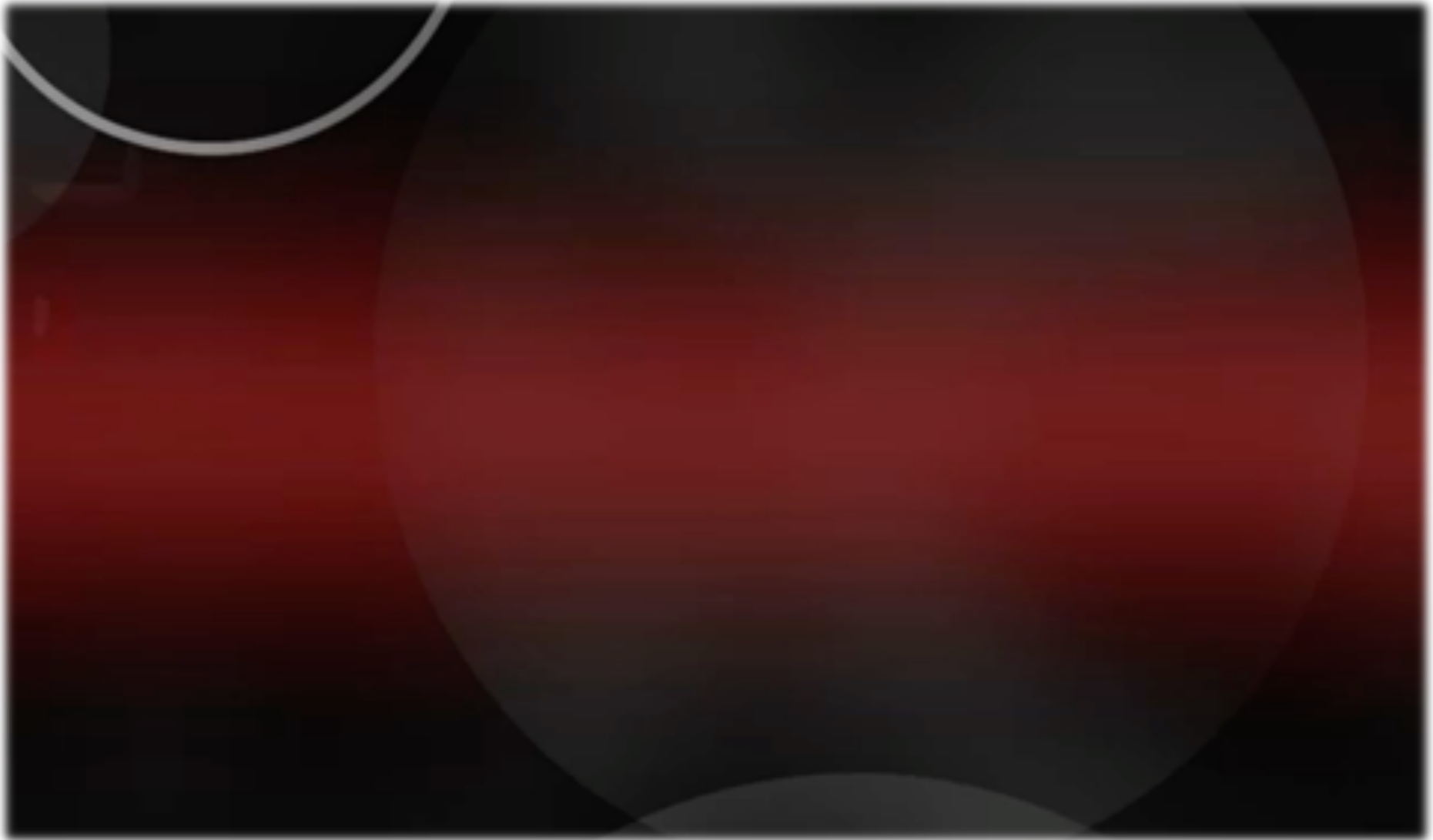
谢亚东 64 s

Isometric judogi grip-up test		
	Absolute values (s)	Relative values (kg/s)
Very poor	≤10	≤100
Poor	11–25	100–200
Regular	26–55	200–300
Good	56–80	300–400
Excellent	≥81	≥400





EVALUATION 测试与评估



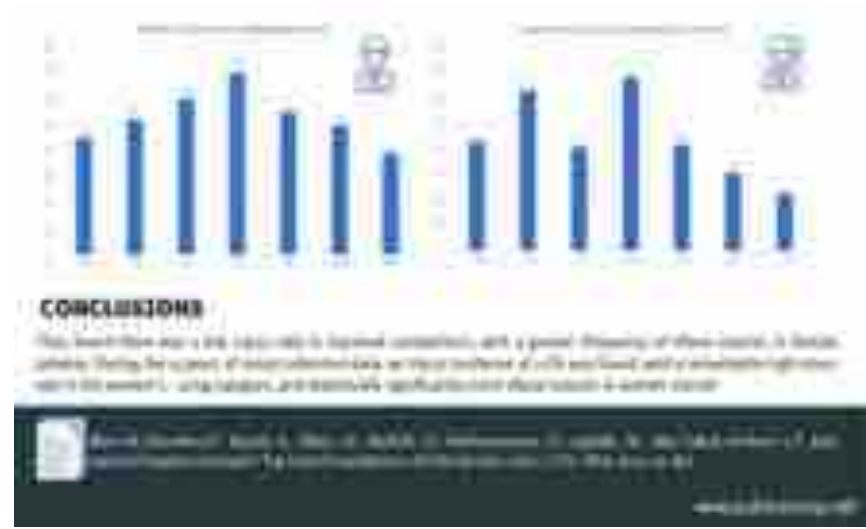


INJURIES 伤病





INJURIES 伤病



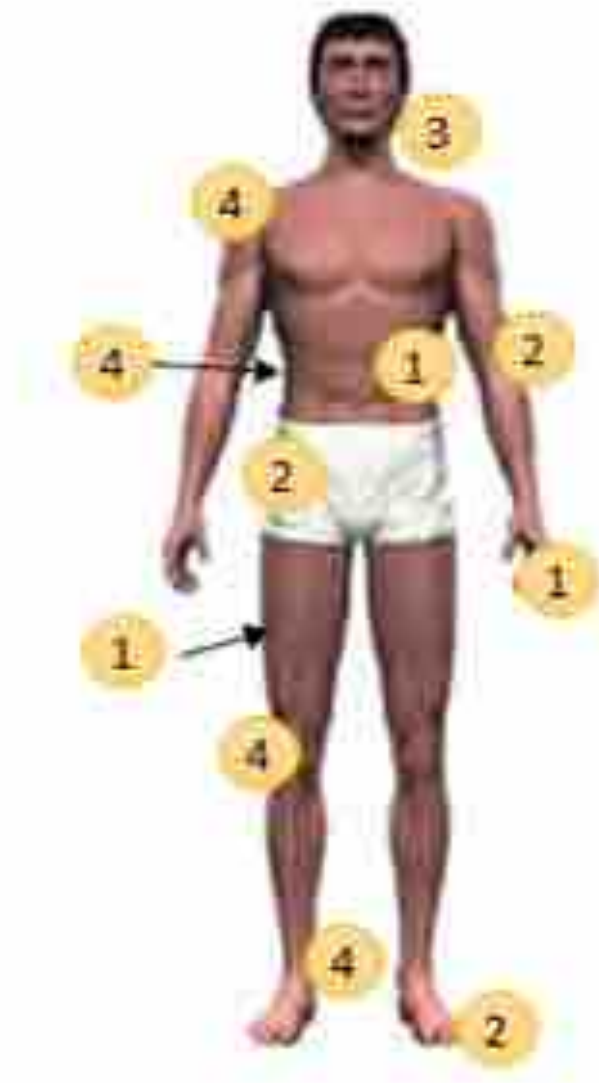
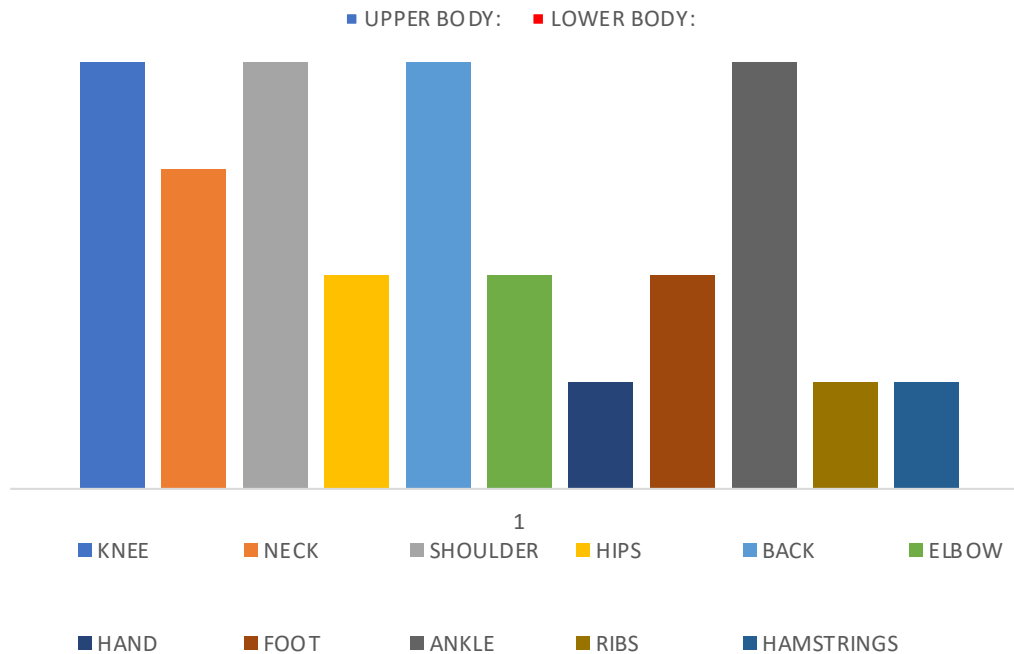
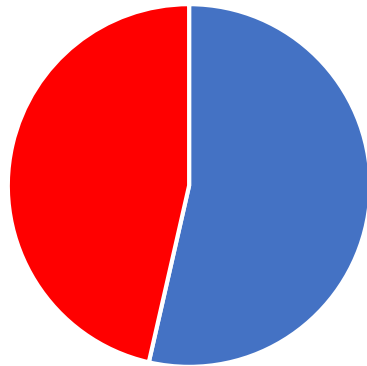


INJURIES 伤病

	HT TRAINING SESSIONS	FULL TRAINING	SPULL TRAINING	MODIFIED	INJURED	OTHERS
Wang Guocang 王郭航	187	146	78.07	26	12	3
Zhang Junjie 张俊杰	207	195	94.20	1		11
Cheng Yifan 成一帆	107	156	75.58	22	28	1
Zhao Junxiang 赵俊翔	187	184	98.40	1	2	
Wang Shangjun 王上钧	207	193	93.24	1		13
Wu Zedong 吴泽东	107	188	90.82	8	7	9
Wang Xin 王鑫	207	185	89.37	19		3
Zhang Zhiyuan 张致远	207	193	93.24	5		9
Wu Yadong 吴彦东	207	201	97.10	2	2	2
Zhou Min 周神敏	207	194	93.72	12	1	
Yang Yanyan 杨彦彦	107	130	62.80	53	28	
Li Pinsheng 李品生	154	116	75.33	29	8	
Qiu Yixin 邱逸鑫	154	188	89.61	5	11	
Felluhjun 费君前	207	207	100.00			
Ban Yaoping 任雅静	207	198	95.65			9
Zhang Min 张敏	207	199	96.14			8
Ma Feiya 马霏亚	207	157	75.85	43	5	
Feng Doudou 冯多多	207	205	99.03	2		
Yang Hong 杨洪	107	81	38.33	55	4	67
Li Fuying 李富英	200	52	24.15	143	14	
Wu Jiantao 吴健涛	207	194	93.72	11	1	
Wang Danni 王丹妮	185	178	96.22	5	1	1
Xu Fei 徐飞	154	74	48.05	18		67
Li Jiantao 李健涛	207	143	54.58	57	5	3

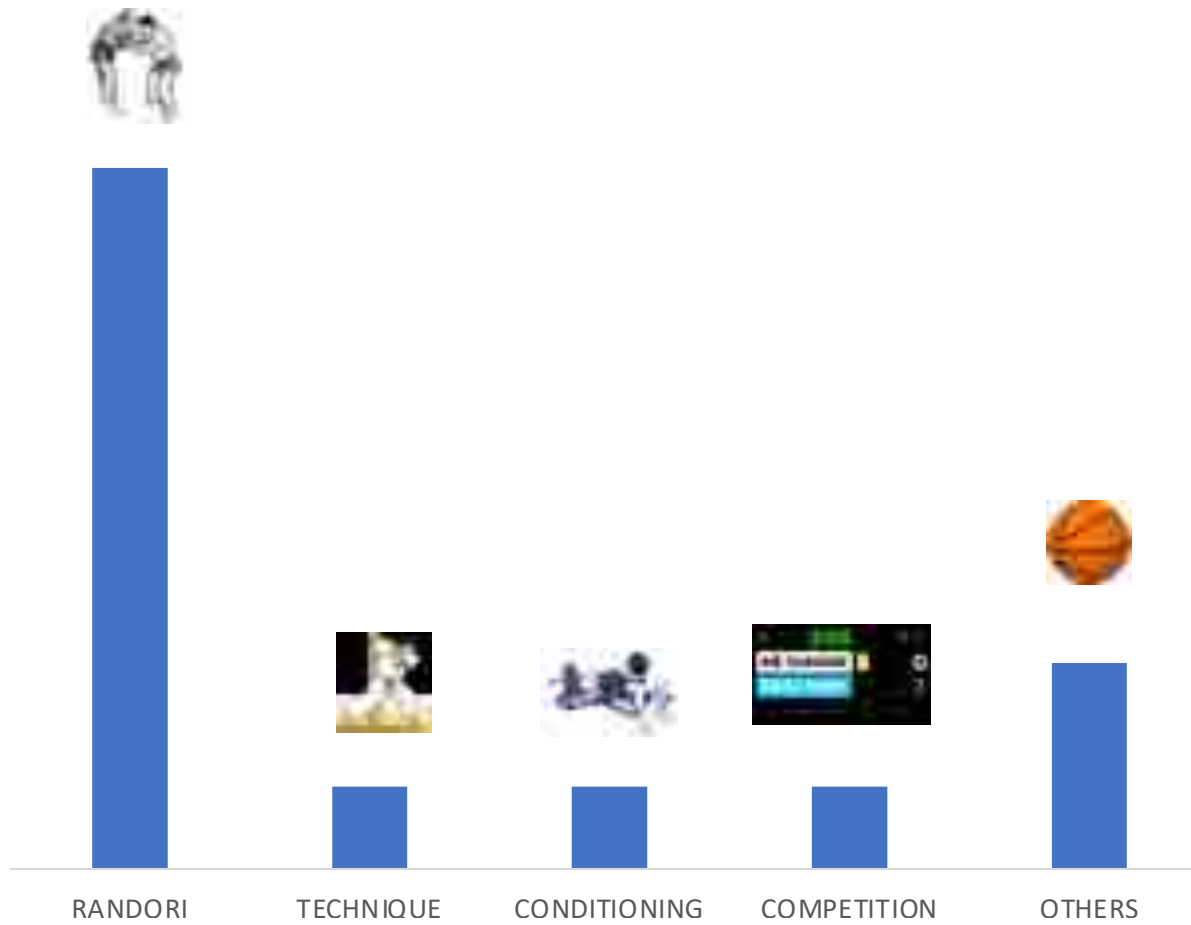


INJURIES 伤病



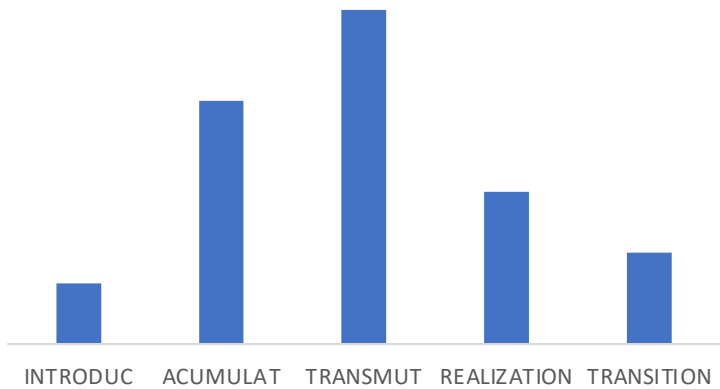


INJURIES 伤病





INJURIES 伤病



Week	INTRODUCE	ACUMULAT	TRANSMUT	REALIZATION	TRANSITION
1	10	15	20	15	10
2	12	18	25	18	12
3	15	22	30	22	15
4	18	28	35	25	18
5	20	35	40	30	20
6	22	40	45	35	22
7	25	45	50	40	25
8	28	50	55	45	28
9	30	55	60	50	30
10	32	60	65	55	32
11	35	65	70	60	35
12	38	70	75	65	38
13	40	75	80	70	40
14	42	80	85	75	42
15	45	85	90	80	45
16	48	90	95	85	48
17	50	95	100	90	50
18	52	100	105	95	52
19	55	105	110	100	55
20	58	110	115	105	58
21	60	115	120	110	60
22	62	120	125	115	62
23	65	125	130	120	65
24	68	130	135	125	68
25	70	135	140	130	70
26	72	140	145	135	72
27	75	145	150	140	75
28	78	150	155	145	78
29	80	155	160	150	80
30	82	160	165	155	82
31	85	165	170	160	85
32	88	170	175	165	88
33	90	175	180	170	90
34	92	180	185	175	92
35	95	185	190	180	95
36	98	190	195	185	98
37	100	195	200	190	100
38	102	200	205	195	102
39	105	205	210	200	105
40	108	210	215	205	108
41	110	215	220	210	110
42	112	220	225	215	112
43	115	225	230	220	115
44	118	230	235	225	118
45	120	235	240	230	120
46	122	240	245	235	122
47	125	245	250	240	125
48	128	250	255	245	128
49	130	255	260	250	130
50	132	260	265	255	132
51	135	265	270	260	135
52	138	270	275	265	138
53	140	275	280	270	140
54	142	280	285	275	142
55	145	285	290	280	145
56	148	290	295	285	148
57	150	295	300	290	150
58	152	300	305	295	152
59	155	305	310	300	155
60	158	310	315	305	158
61	160	315	320	310	160
62	162	320	325	315	162
63	165	325	330	320	165
64	168	330	335	325	168
65	170	335	340	330	170
66	172	340	345	335	172
67	175	345	350	340	175
68	178	350	355	345	178
69	180	355	360	350	180
70	182	360	365	355	182
71	185	365	370	360	185
72	188	370	375	365	188
73	190	375	380	370	190
74	192	380	385	375	192
75	195	385	390	380	195
76	198	390	395	385	198
77	200	395	400	390	200
78	202	400	405	395	202
79	205	405	410	400	205
80	208	410	415	405	208
81	210	415	420	410	210
82	212	420	425	415	212
83	215	425	430	420	215
84	218	430	435	425	218
85	220	435	440	430	220
86	222	440	445	435	222
87	225	445	450	440	225
88	228	450	455	445	228
89	230	455	460	450	230
90	232	460	465	455	232
91	235	465	470	460	235
92	238	470	475	465	238
93	240	475	480	470	240
94	242	480	485	475	242
95	245	485	490	480	245
96	248	490	495	485	248
97	250	495	500	490	250
98	252	500	505	495	252
99	255	505	510	500	255
100	258	510	515	505	258



INJURIES 伤病

Wang Guozeng	Low back pain (11)-conditioning /Ankle (10) randori
Jiang Junle	
Cheng Yifan	Lig acromioclav (8)-randori/Neck (15) randori
Zhao Junzhang	Knee (19)-randori
Wang Shuangun	Ankle-basketball (21)
Yu Zetong	Shoulder (12)-competition
Wanglin	Finger (6)-randori
Zhang Zhiguan	Elbow (chronic)
Wu Yadong	Knee (chronic)
Zhou Jian	Neck (7)-technique/Feet (9)-randori/Ankle (21)-basketball
Yang Yan	Elbow (3)-randori /Hamstrings (10)-conditioning/Back pain (17)-tests/Back pain (19)-
Li Fuheng	Ribs (14)-randori /Knee (15)-randori
Qin Yemin	Knee (15)-competition/ Neck (19)-randori /Knee (21)-basketball
Fei Kunjun	Knee (chronic)
Fan Jaling	Ankle (5)-randori
Zhang Lin	
Ma Feifei	Knee (8)-randori
Yang Doubin	Shoulder (15)-randori
Yang Hong	Elbow (5)-randori/Back (13)-randori
Chen Jing	Feet (5)-randori
Pu Chen	Hip (14)-randori
Xu Fengqi	Low back pain (11)-overload
Wang Danni	Knee (chronic)
Zou Han	Hip (3)-technique/Shoulder (14)
Bu Lei	



INJURIES 伤病

International Judo Union (IJU) **IPFYN**

Warm-up programme

ALBERTO'S GYM **ALBERTO'S GYM** **ALBERTO'S GYM**

Warm-up programme **Warm-up programme** **Warm-up programme**

JUDO PUSH-UP **POWER UPS** **SPIDERMAN** **HANDSTAND JUDO ROL** **SQUATROL** **SUTEMI SQUATROL VOORUIT**



JUDO PUSH-UP



POWER UPS



SPIDERMAN



3-TRAPS HANDSTAND



HANDSTAND JUDO ROL



STUTTEN



SQUATROL



SUTEMI SQUATROL VOORUIT



INVISIBLE TRAINING 训练监控的不可视化

Invisible training

- Sleep, rest, nutrition, personal hygiene habits





INVISIBLE TRAINING 训练监控的不可视化





INVISIBLE TRAINING 训练监控的不可视化





INVISIBLE TRAINING 训练监控的不可视化





INVISIBLE TRAINING 训练监控的不可视化

Rapid weight loss快速减重

姓名	性别	出生日期	身高	体重	体脂率	训练时间	训练强度
任雅静	女	1995-01-15	165	51	12.5	08:00-10:00	中
张敏	女	1995-02-20	168	57	15.8	08:00-10:00	中
马飞宇	男	1995-03-10	175	60	16.9	08:00-10:00	中
冯多多	男	1995-04-05	170	60	16.9	08:00-10:00	中
杨一昕	男	1995-05-01	172	59	16.9	08:00-10:00	中
李雪莹	女	1995-06-12	160	64	18.1	08:00-10:00	中
潘佳妮	女	1995-07-08	162	67	19.3	08:00-10:00	中
王丹妮	女	1995-08-25	175	75	22.7	08:00-10:00	中
徐凤鸣	男	1995-09-20	170	70	21.4	08:00-10:00	中
孙鑫	男	1995-10-28	178	78	23.9	08:00-10:00	中
王郭朋	男	1995-11-02	182	82	24.05	08:00-10:00	中
曹俊杰	男	1995-12-09	180	89	24.4	08:00-10:00	中
陈一昕	男	1996-01-08	185	89	24.4	08:00-10:00	中
赵君强	男	1996-02-25	175	75	22.7	08:00-10:00	中
王上钧	男	1996-03-28	175	75	22.7	08:00-10:00	中
吴泽东	男	1996-04-20	176	76	23.75	08:00-10:00	中
王鑫	男	1996-05-27	177	77	23.8	08:00-10:00	中
张致成	男	1996-06-03	183	83	24.1	08:00-10:00	中
谢豆东	男	1996-07-01	191	91	24.6	08:00-10:00	中
周伟敏	男	1996-08-03	191	91	24.6	08:00-10:00	中
杨毅斌	男	1996-09-13	193	102	27.1	08:00-10:00	中
李品正	男	1996-10-15	195	105	28.15	08:00-10:00	中

	TEAM COMPETITION	INDIVIDUAL COMPETITION	
	Weigh in 23 April 2020, 17:30 h	Weigh in 13 May 2020, 17:30 h	Random Weigh in (+5%) 13 May 2020, 08:30 h
Ran Yajing 任雅静	51	50	52.5
Zhang Min 张敏	57	56	58.8
Ma Feiyu 马飞宇	60	58	60.9
Feng Doudou 冯多多	60	58	60.9
Yang Yixing 杨一昕	59	58	60.9
Li Xueying 李雪莹	64	62	65.1
Pan Jiani 潘佳妮	67	66	69.3
Wang Danni 王丹妮	75	74	77.7
Xu Fengming 徐凤鸣	70	68	71.4
Sun Xin 孙鑫	78	76	81.9
Wang Guopeng 王郭朋	82	81	84.05
Cao Junjie 曹俊杰	89	88	91.4
Chen Yixing 陈一昕	89	88	91.4
Zhao Junqiang 赵君强	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 Zhiyuan 张致成	83	82	86.1
Xie Doudou 谢豆东	91	90	94.6
Zhou Weimin 周伟敏	91	90	94.6
Yang Yibin 杨毅斌	102	100	107.1
Li Pinzheng 李品正	105	103	108.15

姓名	性别	出生日期	身高	体重	体脂率	训练时间	训练强度
任雅静	女	1995-01-15	165	51	12.5	08:00-10:00	中
张敏	女	1995-02-20	168	57	15.8	08:00-10:00	中
马飞宇	男	1995-03-10	175	60	16.9	08:00-10:00	中
冯多多	男	1995-04-05	170	60	16.9	08:00-10:00	中
杨一昕	男	1995-05-01	172	59	16.9	08:00-10:00	中
李雪莹	女	1995-06-12	160	64	18.1	08:00-10:00	中
潘佳妮	女	1995-07-08	162	67	19.3	08:00-10:00	中
王丹妮	女	1995-08-25	175	75	22.7	08:00-10:00	中
徐凤鸣	男	1995-09-20	170	70	21.4	08:00-10:00	中
孙鑫	男	1995-10-28	178	78	23.9	08:00-10:00	中
王郭朋	男	1995-11-02	182	82	24.05	08:00-10:00	中
曹俊杰	男	1995-12-09	180	89	24.4	08:00-10:00	中
陈一昕	男	1996-01-08	185	89	24.4	08:00-10:00	中
赵君强	男	1996-02-25	175	75	22.7	08:00-10:00	中
王上钧	男	1996-03-28	175	75	22.7	08:00-10:00	中
吴泽东	男	1996-04-20	176	76	23.75	08:00-10:00	中
王鑫	男	1996-05-27	177	77	23.8	08:00-10:00	中
张致成	男	1996-06-03	183	83	24.1	08:00-10:00	中
谢豆东	男	1996-07-01	191	91	24.6	08:00-10:00	中
周伟敏	男	1996-08-03	191	91	24.6	08:00-10:00	中
杨毅斌	男	1996-09-13	193	102	27.1	08:00-10:00	中
李品正	男	1996-10-15	195	105	28.15	08:00-10:00	中

WAP Evaluation Cards

WAP offers support to meet weight loss goals in compliance to gain an advantage over their opponent.

WAP offers training advice to help you reach your goals faster and more effectively. WAP offers training advice to help you reach your goals faster and more effectively. WAP offers training advice to help you reach your goals faster and more effectively.

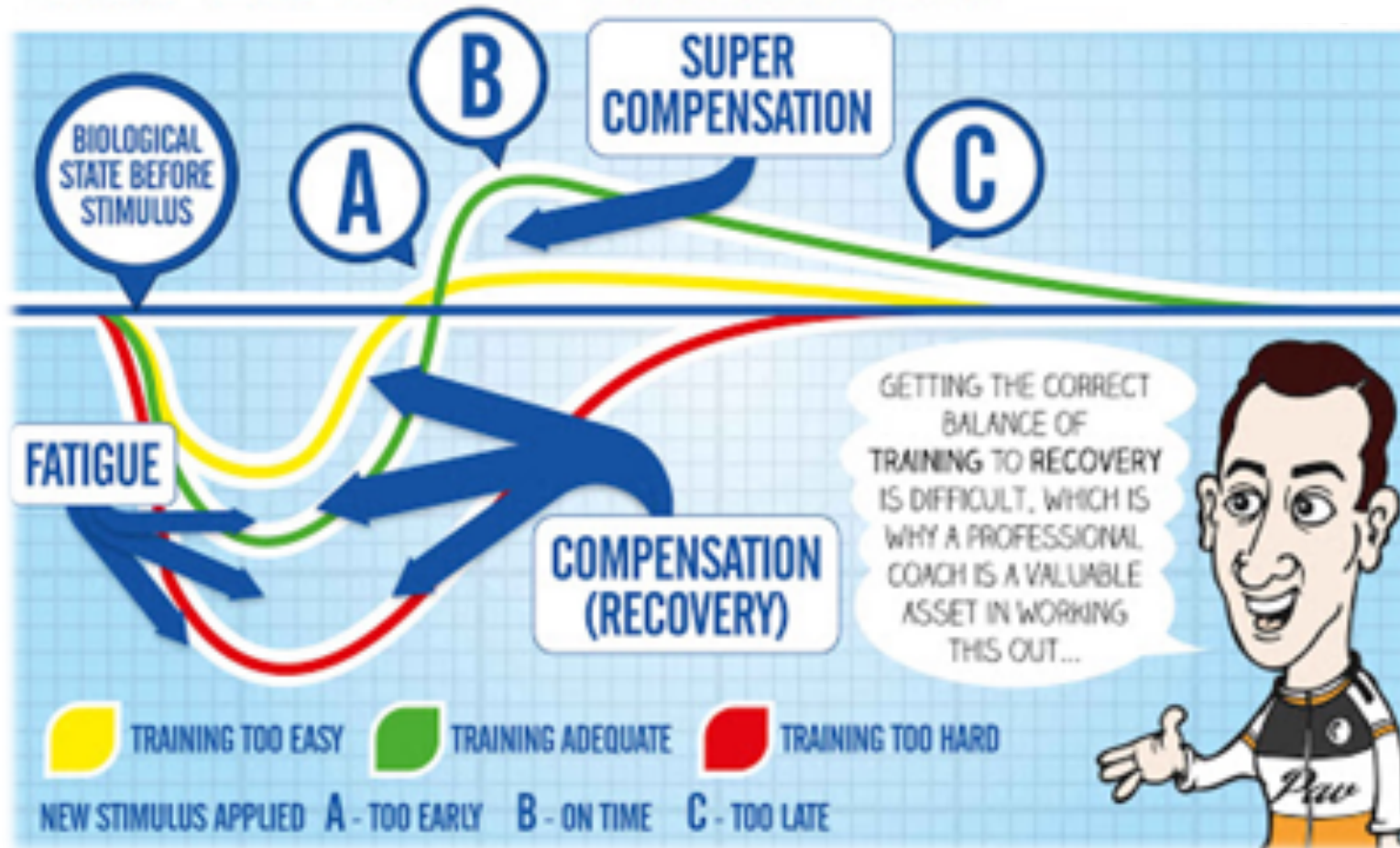




INVISIBLE TRAINING 训练监控的不可视化

Adaptation 适应

SUPER COMPENSATION 超级补偿





INVISIBLE TRAINING 训练监控的不可视化





INVISIBLE TRAINING 训练监控的不可视化





INVISIBLE TRAINING 训练监控的不可视化

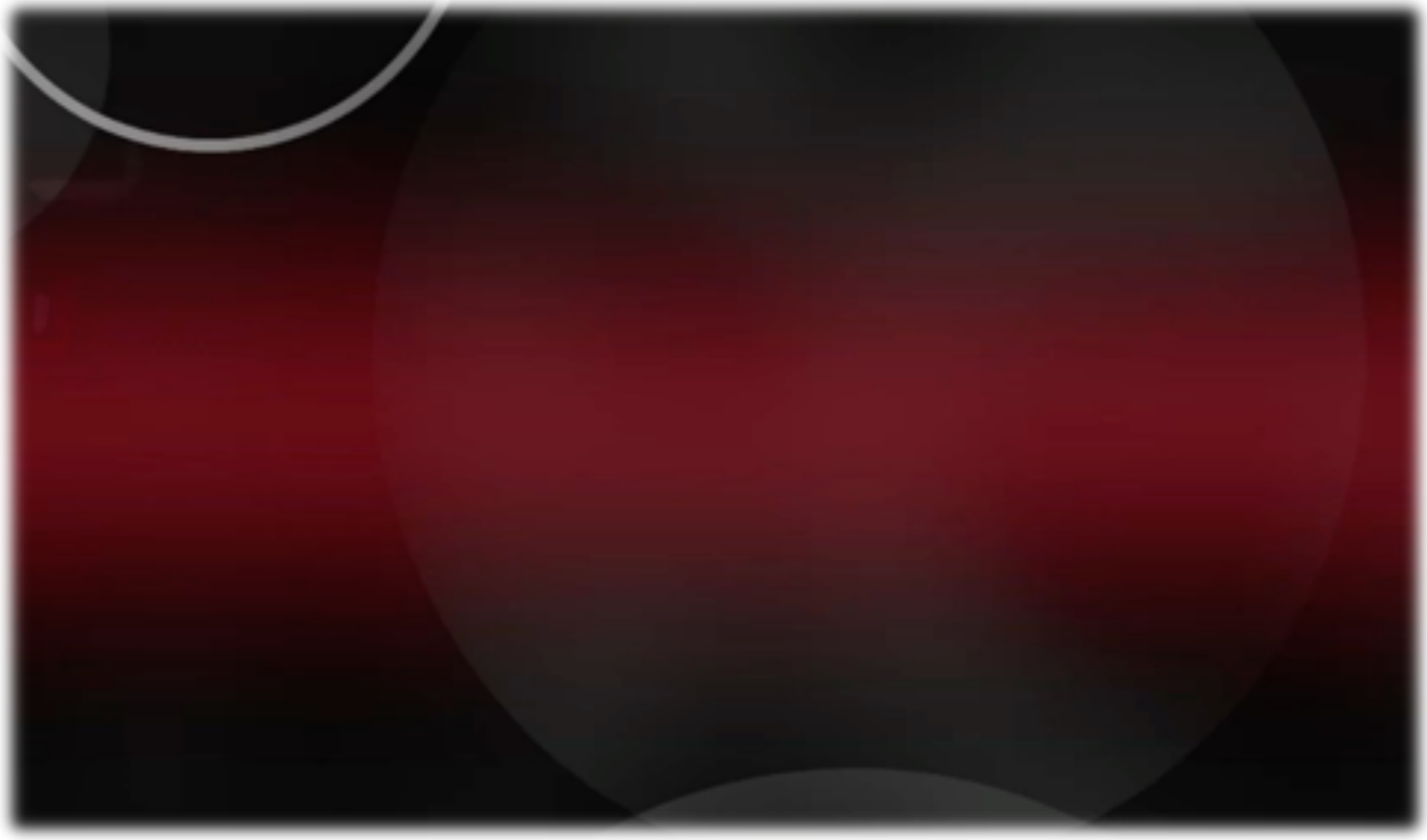
After treatment can train 100%

After treatment

NAME (Name from the left)	DATE	PART BODY	Status				
				Orientation / Defrass	Postural analysis / Orthopedic	Strength test / Regress position	Strength test / Strength test
Wu Zhaodan 吴卓丹	Monday 11/11	Shoulder 肩	100%		13		
Zhang Zhuyuan 张竹园	Monday 11/11	Neck / Lower Back 颈/腰	100%				
Zhang Zhuyuan 张竹园	Monday 11/11	Elbow 肘	100%				15
Chen Wenhao 陈文浩	Monday 11/11	Lower back 腰	100%				
Xie Labong 谢拉邦	Monday 11/11	Lower body 下肢	100%			20	
Wang Guosheng 王国生	Monday 11/11	Neck 颈	100%				
He Jiafang 何嘉芳	Tuesday 11/12	Lower body 下肢	100%				
Lang Yihan 郎彦涵	Wednesday 11/13	Lower Back 腰	100%				
Xie Labong 谢拉邦	Wednesday 11/13	Lower body 下肢	100%				
Xie Labong 谢拉邦	Thursday 11/14	Lower body 下肢	100%				
Qu Jiahui 曲家辉	Thursday 11/14	Knee 膝	100%		14		
Wang Guosheng 王国生	Thursday 11/14	Neck 颈	100%				
Lang Yihan 郎彦涵	Thursday 11/14	Full body 全身	100%				
Wu Zhaodan 吴卓丹	Thursday 11/14	Shoulder 肩	100%				
Feng Doudou 冯斗斗	Thursday 11/14	Shoulder 肩	100%				
Wang Guosheng 王国生	Thursday 11/14	Lower body 下肢	100%				
Xie Labong 谢拉邦	Friday 11/15	Lower body 下肢	100%				
Zhang Zhuyuan 张竹园	Friday 11/15	Elbow 肘	100%				16

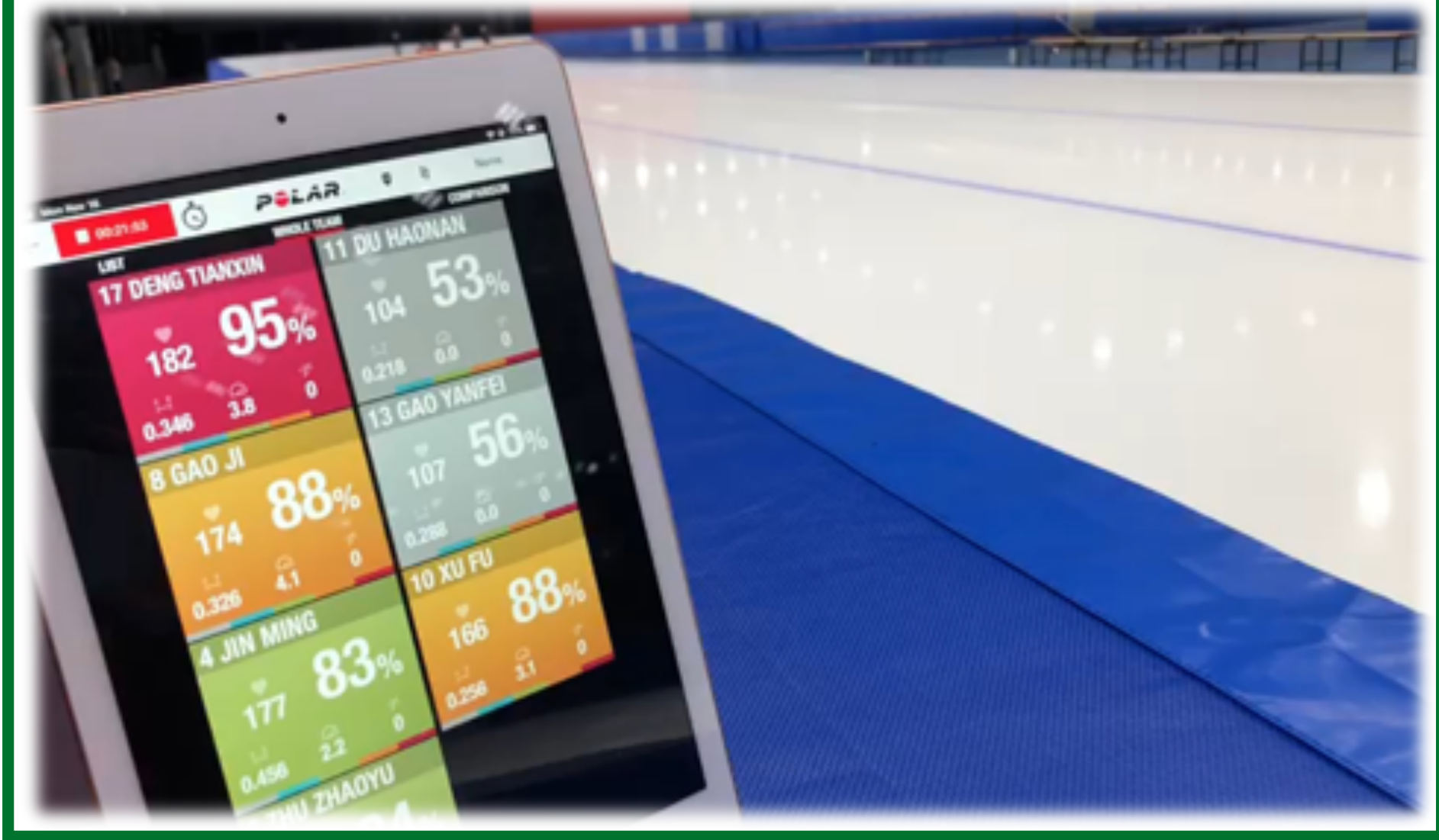


TECHNOLOGY 科技





TECHNOLOGY 科技





TECHNOLOGY 科技





TECHNOLOGY 科技





TECHNOLOGY 科技





TECHNOLOGY 科技





TECHNOLOGY 科技





RESEARCH 科研





RESEARCH 科研



UNIVERSIDADE DA COIMBRA





RESEARCH 科研





RESEARCH 科研





RESEARCH 科研





RESEARCH 科研

**SPECIFIC
JUDO
FITNESS
TEST**





RESEARCH 科研





RESEARCH 科研

SPECIAL JUDO FITNESS TEST

Required equipment:

- Heart rate monitor
- Stopwatch or timer app
- Performance recording sheet
- Intake analyzer (optional)
- VideoCam (optional)

SPECIAL JUDO FITNESS TEST

Timer App

Free Plus - Stopwatch Timer

If you prefer to use an App timer instead the stopwatch you can download the **TimePlay App Workouts timer** from your Apple Store.

SPECIAL JUDO FITNESS TEST

Example

Rest HR: 110 bpm
 Max HR: 170 bpm
 Number of pulses: 27
 1st: 8
 2nd: 11
 3rd: 10

$$\text{Index} = \frac{(\text{Rest HR (bpm)} + \text{HR 1-min after the test (bpm)})}{\text{Number of pulses}} = \frac{110 + 170}{27} = 12.99$$

SPECIAL JUDO FITNESS TEST

Application

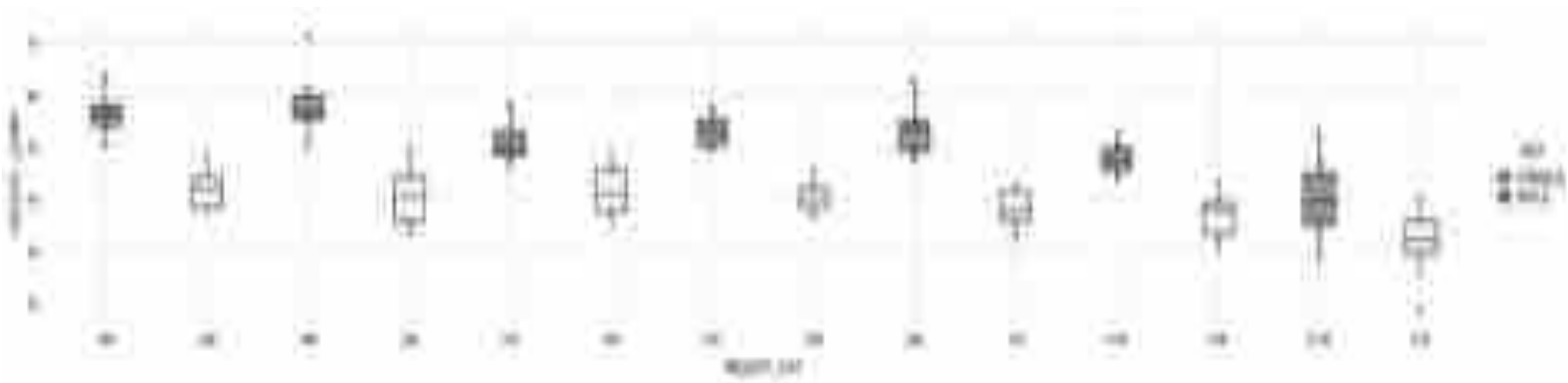
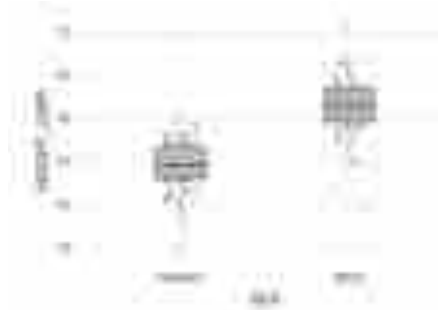


RESEARCH 科研





RESEARCH 科研





RESEARCH 科研



JUDO
TRAINING



Vertical jump in judo athletes

By Felipe Sánchez





#JUDOCHAT TRAINING
#JUDOCHAT FOR COACHES

Interview with **Aurélien Brissaud**
Olympic Champion
Paris 2000, Rio 2016
Paris 2020

Presented by **Felipe Sánchez Llanes**

www.judochatting.info

#JUDOCHAT TRAINING
#JUDOCHAT FOR COACHES

Long-term athlete development model and coaching education

Interview with **Christina Vega Koster**
Olympic Champion
Rio 2016
Paris 2020

Presented by **Felipe Sánchez Llanes**

www.judochatting.info

#JUDOCHAT TRAINING
#JUDOCHAT FOR COACHES

Road to Tokyo 2021

Interview with **Roby Sushanto**
Olympic Champion
Rio 2016
Tokyo 2020

Presented by **Felipe Sánchez Llanes**

www.judochatting.info

#JUDOCHAT TRAINING
#JUDOCHAT FOR COACHES

Interview with **Dimitri Niko**
National Coach
Paris 2020

Presented by **Felipe Sánchez Llanes**

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#JUDOCHAT TRAINING
#JUDOCHAT FOR COACHES

Interview with **Ignasi Urbieta**
National Coach
Paris 2020

Presented by **Felipe Sánchez Llanes**

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#JUDOCHAT TRAINING
#JUDOCHAT FOR COACHES

Beating jet lag on the road to Tokyo 2021

Interview with **Christa Jansen**
National Coach
Tokyo 2020

Presented by **Felipe Sánchez Llanes**

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#JUDOCHAT TRAINING
#JUDOCHAT FOR COACHES

Interview with **Nait Adams**
High Performance Coach
World Champion and 2x Olympic medalist

Presented by **Felipe Sánchez Llanes**

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#JUDOCHAT TRAINING
#JUDOCHAT FOR COACHES

Interview with **Kristine Jimenez**
Olympic Champion
Rio 2016
Tokyo 2020

Presented by **Felipe Sánchez Llanes**

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#JUDOCHAT TRAINING
#JUDOCHAT FOR COACHES

Tapping and breathing in judo

Interview with **Pablo Erce**
Researcher and Coach
Tokyo 2020

Presented by **Felipe Sánchez Llanes**

www.judochatting.info



JUDO TRAINING

The collage features several key elements:

- Polar Fitness Monitor:** A screenshot of a Polar fitness monitor interface showing multiple camera feeds of athletes in a gym. Below the feeds, two athlete profiles are displayed:
 - #4 WU:** Heart rate 160, 81% completion.
 - #10 XIE:** Heart rate 163, 86% completion.
- Coach and Data Table:** A coach in a white shirt stands next to a large data table with multiple columns and rows, likely tracking training metrics.
- Gym Training:** Athletes are shown performing various exercises in a gym, including weightlifting and conditioning.
- Judo Sparring:** Two athletes in blue judo uniforms are sparring on a yellow mat. The text "JUDO TRAINING" is overlaid on the image.
- Weightlifting:** Athletes are performing bench press exercises in a gym.
- Logo:** A stylized red judo gi logo is positioned at the top left of the collage, and a black and white version is at the bottom left.
- Text:** The words "NO MORE" are written in a red circle in the center of the collage.



JUDO TRAINING

00:02

UP NEXT WORK:00:20

IMPROVE YOUR GRIP

2 ROUNDS 20" ON 8" Ø FF

ORIAN OLYMPIC SPORTS CENTER STADIUM

NAME	PERCENTAGE	HEART RATE
83 LI	83%	160
86 LI	80%	161
85 SHEN	63%	127
89 WANG	96%	190
810 XIE	89%	168
813 ZHANG	43%	96

MY GRIP



JUDO TRAINING





MOTIVATION 训练动机





COACHING STYLE 执教风格





COACHING STYLE 执教风格





EDUCATION 受教育水平





EDUCATION 受教育水平





CONCLUSIONS 结论





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*





WORK HARD, DREAM BIG





谢谢

