

## Training to Win Females 18+/-, Males 19 +/-



### General Objectives

- High performance
- Refine and maintain all judo **skills**
- Maintain or improve all physical capacities
- Ongoing **development** of technical and tactical **skill**
- Maximize **ancillary capacities**
- Sport-specific technical, tactical and fitness training 9-15 times per week



### Judo-Specific Objectives

- Maximize **speed**, coordination, agility, **stamina** and explosive power
- Specialization, specificity and intensity
- Tactics designed to incorporate the individual's strengths and exploit opponents' weaknesses
- Individualized training to develop a combination of traditional and unorthodox techniques
- Strategies to combat different styles of opponents





## Guiding Principles

- 4S (**strength, stamina, speed, suppleness**) always trainable
- All fundamental athletic and movement **skills** important with emphasis on maximizing **speed**, co-ordination, agility, **stamina** and explosive **strength**



## Framework

- 75% competition and competition-specific training
- 25% of time devoted to ancillary training
- Refinement of **tokui-waza** for all grips, positions and styles
- 65-70% **tachi-waza**, 30-35% **ne-waza**
- **Randori** at 80%+ **MHR**; minimum 180 hours per year
- 48 weeks of 5-6 sessions per week; off-season should not be more than 3 weeks at a time and 2 shorter breaks of 2 weeks each or 4 breaks of 1 week each
- Minimum 10 tournaments (40 bouts) per year; can be reduced once **judokas** reach their **IPS (Ideal Performance State)** and move into maintenance stage of their high-performance career
- Off-mat **strength** training 1-5 times/week dependent upon training phase and individual needs
- Off-mat endurance training 1-3 times/week dependent upon training phase and individual requirements
- Maintain high volume and increase intensity
- Complementary, but low-risk activities for active rest and recovery
- Weight control and nutrition to be perfected
- Multiple **periodization** as needed

