



ETD Squad Training Camp 4

Training Phase : TRANSITION - TECHNICAL & ENDURANCE CAMP

1 - 6 August 2010

01-Aug Sunday	02-Aug Monday	03-Aug Tuesday	04-Aug Wednesday	05-Aug Thursday	06-Aug Friday	
		7:30am : Newaza Randori 8 x 6mins		7:30am : Newaza Randori 8 x 6mins	7:30am Timed 2 mile Run	
	8am Breakfast	8:30am Breakfast	8am Breakfast	8:30am Breakfast	8:30am Breakfast	
	Roux Conditioning 9:30am		MAP SESSION 9:30am			
Check In 12noon - 1pm	10:30am : Technical Session	10am : Long Distance Randori 4 x 15mins	10:30am : Technical & Randori Session	10am - 12noon Fell Run	Randori 10 - 12noon	
ETD TESTING 4	Lunch	Lunch	Lunch	Lunch	Lunch	
Physical Testing Press Up Bleep Test Sit & Reach Jump Test MSFT 1:30 - 4:30pm	Castle Run 1:30 - 2:30pm : BOYS 2:45 - 3:45pm : GIRLS	Nutrition Workshop 1:30pm : GIRLS 2:45pm : BOYS	Out Door Logs & Tyre Session 1:30pm	Video Technical Session 1:30 - 2:30pm : GIRLS 2:45 - 3:45pm : BOYS	Barney Rubble 1:30pm : BOYS 2:45pm : GIRLS	2pm : Technical & Randori Session
		3pm : Pre-Hab Session				
5pm Dinner	4:30pm : Dinner	4:30pm : Dinner	4:30pm : Dinner	4:30pm : Dinner		
		6:30pm TEAM GAME		6:30pm TEAM GAME		
Randori 7 - 9pm	Open Randori 7:30 - 9:30pm		Open Randori 7:30 - 9:30pm			
Supper	Supper	Supper	Supper	Supper		
					Depart	

NOTE : ALL PLAYERS : Make sure you arrive on time and **NO LATER** than **1pm on SUNDAY 1 AUGUST**
Ensure you bring Judogi, Running Kit and Running Shoes, Out Door Clothing, Swimming Costume, Water Bottle & First Aid Kit

Players must be changed into Judogi, taped/strapped up and **READY TO TRAIN** 15mins prior to the **START** of **EVERY** session

Contact Numbers : Trevor Sitlinton 07875 325364
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'Nil Satis Nisi Optimum'

NOTHING BUT YOUR BEST IS GOOD ENOUGH

