

Training Volume : Randori Practice

Japan 2010



		Newaza	Tachiwaza	
ALL	KANOYA University			
	Sat 4 December			
	Newaza Randori : 8 x 3mins	24		
	Randori : 10 x 5mins		50	
	Sun 5 December			
	Newaza Randori : 6 x 3mins	18		
	Pressure Training : 8 x 4mins		32	
	Mon 6 December			
	Newaza Randori : 6 x 5mins	30		
	Tachiwaza Randori : 12 x 5mins		60	
	England Team in the middle :			
	• 3 x 1min Randori		3	
	Tue 7 December			
	Newaza Randori : 10 x 4mins	40		
	Uchikomi : 8mins			
	Tachiwaza Randori : 12 x 7mins		84	
	Wed 8 December			
	Newaza Randori : 10 x 4mins	40		
	Tachiwaza Randori : 10 x 5mins		50	
Thu 9 December				
Ippon Newaza : 40mins – goal to score 20 Ippons	40			
Tachiwaza Randori : 12 x 5mins		60		
	192	279	Mins	
GIRLS	KODAKAN International Training Camp			
	Sun 12 December			
	Newaza Randori : 8 x 3mins	24		
	Tachiwaza Randori : 10 x 5mins		50	
	Mon 13 December			
	Newaza Randori : 8 x 3mins	24		
	Tachiwaza Randori : 10 x 5mins		50	
Tue 14 December				
Tachiwaza Randori : 2 groups : 9 x 5mins		45		
	48	145	Mins	
BOYS	Nihon Gakuen High School			
	Sun 12 December			
	Newaza Randori : 7 x 3mins	21		
	Tachiwaza Randori : 12 x 5mins		60	
	Mon 13 December			
	Newaza Randori : 7 x 3mins	21		
	Tachiwaza Randori : 12 x 5mins		60	
	Toyo University			
Tue 14 December				
Newaza Randori : 20mins Ippon change	20			
Tachiwaza Randori : 2 groups : 8 x 5mins		40		
	62	160	Mins	

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GIRLS

Date	Day	Venue	Newaza Mins	Tachiwaza Mins	Newaza Total	Tachiwaza Total
04-Dec	Sat	Kanoya Uni	24	50	8	10
05-Dec	Sun	Kanoya Uni	18	32	6	8
06-Dec	Mon	Kanoya Uni	30	63	6	15
07-Dec	Tue	Kanoya Uni	40	84	10	12
08-Dec	Wed	Kanoya Uni	40	50	10	10
09-Dec	Thu	Kanoya Uni	40	60	10	12
12-Dec	Sun	Kodakan	24	50	8	10
13-Dec	Mon	Kodakan	24	50	8	10
14-Dec	Tue	Kodakan	0	45	0	9
			240mins	484mins	66	96
			4hrs	8hrs 4mins		

BOYS

Date	Day	Venue	Newaza Mins	Tachiwaza Mins	Newaza Total	Tachiwaza Total
04-Dec	Sat	Kanoya Uni	24	50	8	10
05-Dec	Sun	Kanoya Uni	18	32	6	8
06-Dec	Mon	Kanoya Uni	30	63	6	15
07-Dec	Tue	Kanoya Uni	40	84	10	12
08-Dec	Wed	Kanoya Uni	40	50	10	10
09-Dec	Thu	Kanoya Uni	40	60	10	12
12-Dec	Sun	Nihon Gakuen	21	60	7	12
13-Dec	Mon	Nihon Gakuen	21	60	7	12
14-Dec	Tue	Toyo Uni	20	40	5	8
			254mins	499mins	69	99
			4hrs 14mins	8hrs 19mins		

Training Volume : Track Physical Conditioning

Kanoya University

6:30 - 7:30am

Date	Day	Warm Up Laps	400m Sprints	200m Sprints	Press Ups	Sit Ups	Abdominal Twists	Chins
06-Dec	Mon	7	3	4	100	100	100	30
07-Dec	Tue	7	3	4	100	100	100	30
09-Dec	Thu	7	3	4	100	100	100	30
10-Dec	Fri	7	3	4	100	100	100	30
		28	12	16	400	400	400	120