



COACH: Klinger/ Hall

**July-August 2019**

From:

29.07.2019

To:

04.08.2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM							
PM	Berlin	Berlin	Berlin	Berlin	Berlin	Berlin	Berlin
EV							



COACH: Klinger/ Hall

**August 2019**

From:

05.

To:

11.08.2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						Eastern Area	UK team league
PM	Walsall World prep. Camp	Walsall World prep. Camp	Walsall World prep. Camp	Walsall World prep. Camp	Walsall World prep. Camp		
EV							



COACH: Klinger/ Hall

**August 2019**

From:

12.

To:

18.08.2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM		10:00 <b>JUDO</b> Ne-Waza randori	10:00 <b>Transition</b>	10:00 <b>JUDO</b> Technique	10:15 <b>JUDO</b> Ne-Waza Technique		
PM	13:00 <b>Strength</b> Sub max strength	14:00 <b>JUDO</b> Technique	14:00 <b>JUDO</b> Randori	13:15 <b>Endurance</b> Circuit lactate production	13:00 <b>Strength</b> Sub max strength		
EV	20:00 <b>JUDO</b> Randori			20:00 <b>JUDO</b> Randori			



COACH: Klinger/ Hall

**August 2019**

From:

19.

To:

25.08.2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM		10:00 <b>JUDO</b> Ne-Waza randori	10:00 <b>Transition</b>	10:00 <b>JUDO</b> Technique	10:15 <b>JUDO</b> Ne-Waza Technique		
PM	13:00 <b>Strength</b> Sub max strength	14:00 <b>JUDO</b> Technique	14:00 <b>JUDO</b> Randori	13:15 <b>Endurance</b> Circuit lactate production	13:00 <b>Strength</b> Sub max strength		
EV	20:00 <b>JUDO</b> Randori			20:00 <b>JUDO</b> Randori			



COACH: Klinger/ Hall

**August-September 2019**

From:

26.08.2019.

To:

01.09.2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	10:00 <b>JUDO</b> Randori	10:00 <b>JUDO</b> Ne-Waza randori	10:00 <b>Transition</b>	10:00 <b>JUDO</b> Technique	10:15 <b>JUDO</b> Ne-Waza Technique		<b>NHC</b> <b>Open</b>
PM	13:00 <b>Strength</b> Sub max strength	14:00 <b>JUDO</b> Technique	14:00 <b>JUDO</b> Randori	13:15 <b>Endurance</b> Circuit lactate production	13:00 <b>Strength</b> Sub max strength		
EV	<b>Bank</b> <b>Holiday</b>			20:00 <b>JUDO</b> Randori			