



COACH: Hall / Reed

August 2021

From:

16.

To:

22.08.2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	09:00 Strength Max	10:00 JUDO Technical	10:00 JUDO Randori	10:00 JUDO Technical	10:15 JUDO Technical Ne-waza	10:00 Endurance	
PM		13:00 Endurance	14:00 Strength Strength Endurance	13:00 Endurance	14:00 Strength Strength Endurance	13:00 Strength Strength Endurance	
EV	20:00 JUDO Randori	20:00 JUDO <u>ETDC</u>		20:00 JUDO Randori			



COACH: Hall / Reed

August 2021

From:

23.

To:

29.08.2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	09:00 Strength Max	10:00 JUDO Technical	10:00 JUDO Randori	10:00 JUDO Technical	10:15 JUDO Technical Ne-waza	10:00 Endurance	
PM		13:00 Endurance	14:00 Strength Strength Endurance	13:00 Endurance	14:00 Strength Strength Endurance	13:00 Strength Strength Endurance	
EV	20:00 JUDO Randori	20:00 JUDO <u>ETDC</u>		20:00 JUDO Randori			



COACH: Hall / Reed

August - September 2021

From:

30.

To:

05.09.2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	09:00 Strength Max	10:00 JUDO Technical	10:00 JUDO Randori	10:00 JUDO Technical	10:15 JUDO Technical Ne-waza	10:15 Endurance	
PM		13:00 Endurance	14:00 Strength Max		13:00 Strength Max		
EV	20:00 JUDO Randori	20:00 JUDO <u>ETDC</u>		20:00 JUDO Randori			



COACH: Hall / Reed

September 2021

From:

06.

To:

12.09.2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	09:00 Strength Max	10:00 JUDO Technical	10:00 JUDO Randori	10:00 JUDO Technical	10:15 JUDO Technical Ne-waza	10:15 Endurance	
PM		13:00 Endurance	14:00 Strength Max		13:00 Strength Max		
EV	20:00 JUDO Randori	20:00 JUDO <u>ETDC</u>		20:00 JUDO Randori			



COACH: Hall / Reed

September 2021

From:

13.

To:

19.09.2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	09:00 Strength Max	10:00 JUDO Technical	10:00 JUDO Randori	10:00 JUDO Technical	10:15 JUDO Technical Ne-waza	10:15 Endurance	
PM		13:00 Endurance	14:00 Strength Max		13:00 Strength Max	EO BOSNIA	EO BOSNIA
EV	20:00 JUDO Randori	20:00 JUDO <u>ETDC</u>		20:00 JUDO Randori			



COACH: Hall / Reed

September 2021

From:

20.

To:

26.09.2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	09:00 Strength Max	10:00 JUDO Technical	10:00 JUDO Randori	10:00 JUDO Technical	10:15 JUDO Technical Ne-waza	10:15 Endurance	
PM		13:00 Endurance	14:00 Strength Max		13:00 Strength Max		
EV	20:00 JUDO Randori	20:00 JUDO <u>ETDC</u>		20:00 JUDO Randori			



COACH: Hall / Reed

September - October 2021

From:

27.

To:

03.10.2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	09:00 Strength Max	10:00 JUDO Technical	10:00 JUDO Randori	10:00 JUDO Technical	10:15 JUDO Technical Ne-waza	10:15 Endurance	
PM		13:00 Endurance	14:00 Strength Max		13:00 Strength Max		
EV	20:00 JUDO Randori	20:00 JUDO <u>ETDC</u>		20:00 JUDO Randori			