



TRAINING CAMP			
CAN, COL, RUS, NOR, FIN, CZE, ROU, SWE, ESP, POR (junior&senior teams)			
	Monday 19/03/2018	Tuesday 20/03/2018	Wednesday 21/03/2018
Morning	<u>11:00-12:30</u> Training: 10' Warm up 10' Uchi-komi 4*4' Randori NW 6*4' Randori TW 10' Recovery	<u>10:00-12:00</u> Training: 10' Warm up 10' Uchi-komi 2*4' Randori NW 8*4' Randori TW 10' Recovery	<u>10:00-12:00</u> Training 20' Warm up 4*4' Randori NW 6*4' Randori TW 10' Recovery
Afternoon	<u>17:00-19:00</u> Training: 10' Warm up 10' Uchi-komi 3*4' Randori NW 7*4' Randori TW 10' Recovery	<u>17:00-19:00</u> Training: 15' Warm up 15' Randori NW (Ippon change) 6*4' Randori TW + 40'' GS 10' Recovery	<u>17:00-19:00</u> Training: 10' Warm up 10' Uchi-komi 4*4' Randori NW 6*4' Randori TW 10' Recovery

TRAINING CAMP TRANSFERS			
	19/03/2018	20/03/2018	21/03/2018
HOTEL → SPORTHALL	10:15	9:15	9:15
SPORTHALL → HOTEL	12:30	12:00	12:00
HOTEL → SPORTHALL	16:15	16:15	16:15
SPORTHALL → HOTEL	19:00	19:00	19:00