

ATHLETE DEVELOPMENT PROGRAM (continued)

**One in a series of articles by Jim Pedro, Sr.
Co-Chair, USJA Grass Roots Development Committee**

Last week's newsletter discussed the concept of periodization, breaking training into three- or four-month cycles of in-season, out-of-season and before-season training. Although judo tournaments happen all year, you will always have specific tournaments that are key to meeting your athlete's goals. For juniors, June, July and August are in-season months, leading up to and competing in the key junior events. For an athlete on the west coast wanting to make her first run at the national roster, August and September would be key, with the Golden State Open and Fall Classic as target events. For national level senior athletes, the senior nationals and U.S. Open would be targeted events, while international level competitors would be aiming to peak for the European tournaments in February.

Before-season training aims to bring athletes to a high level of strength and conditioning. In-season training exercises are designed to maintain a high level of strength and conditioning. The running charts below provide interval training for before-season training and in-season training. These charts will be referred to again in future newsletters, so those who are serious about following this conditioning program may want to print out this article or save it on their computer.

Running Chart - Interval Program for Judo Before-season training

| Week 1: | Number of Reps | Length of Sprint | Rest Period |
|---------|----------------|------------------|-------------|
| Day 1: | | | |
| Set 1 | 5 | 220 yds. | 1.5 |
| Set 2 | 8 | 110 yds. | 1.5 |
| Day 2: | | | |
| Set 1 | 2 | 440 yds. | 1.5 |
| Set 2 | 8 | 110 yds. | 1.5 |
| Day 3: | | | |
| Set 1 | 2 | 440 yds. | 1.5 |
| Set 2 | 8 | 110 yds. | 1.5 |
| Day 4: | | | |
| Set 1 | 1 | 880 yds. | 1.5 |
| Day 5: | | | |
| Set 1 | 2 mile run | | |
| Week 2: | | | |
| Day 1: | | | |
| Set 1 | 2 | 880 yds. | 1.5 |
| Set 2 | 2 | 440 yds. | 1.5 |
| Day 2: | | | |
| Set 1 | 6 | 440 yds. | 1.5 |
| Day 3: | | | |
| Set 1 | 3 | 880 yds. | 1.5 |

| | | | |
|--------|------------|----------|-----|
| Set 2 | 4 | 110 yds. | 1.5 |
| Day 4: | | | |
| Set 1 | 1 mile run | | |

| Week 3: | Number of Reps | Length of Sprint | Rest Period |
|---------|----------------|------------------|-------------|
| Day 1: | | | |
| Set 1 | 8 | 110 yds. | 1.5 |
| Day 2: | | | |
| Set 1 | 1 | 110 yds. | 1.5 |
| Set 2 | 4 | 220 yds. | 1.5 |
| Set 3 | 2 | 880 yds. | 1.5 |
| Day 3: | | | |
| Set 1 | 6 | 110 yds. | 1.5 |
| Set 2 | 1 | 880 yds. | 1.5 |
| Set 3 | 4 | 110 yds. | 1.5 |
| Set 4 | 2 | 440 yds. | 1.5 |
| Day 4: | | | |
| Set 1 | 1 mile run | | |

| Week 4: | Number of Reps | Length of Sprint | Rest Period |
|---------|----------------|------------------|-------------|
| Day 1: | | | |
| Set 1 | 2 | 110 yds. | 1.5 |
| Set 2 | 2 | 50 yds. | 1.5 |
| Set 3 | 2 | 220 yds. | 1.5 |
| Day 2: | | | |
| Set 1 | 6 | 110 yds. | 1.5 |
| Day 3: | | | |
| Set 1 | 4 | 220 yds. | 1.5 |
| Set 2 | 1 | 880 yds. | 1.5 |
| Set 3 | 3 | 50 yds. | 1.5 |
| Day 4: | | | |
| Set 1 | 3 | 880 yds. | 1.5 |
| Set 2 | 8 | 110 yds. | 1.5 |
| Set 3 | 4 | 220 yds. | 1.5 |
| Set 4 | 2 | 440 yds. | 1.5 |
| Day 5: | | | |
| Set 1 | 1 mile run | | |

Note 1: In determining the correct length of the rest periods, use a 1.5 work rest ratio. For example, if the work period is 20 seconds, the rest period would be 30 seconds. Keep a running record, charting the day/date, type of running you performed, and the set/overall times. On Days 6 and 7 each week, the athlete should rest. Remember, your athletes are lifting and practicing judo during the week as well. With this type of schedule, their bodies will need some recovery time.

Note 2: Running workouts are varied during the week to reduce monotony. Most judo players are not in love with running. That's why they chose judo as their sport instead of track. Varying the workouts will make running a little less of a chore and increase the likelihood that your athletes will comply with the running part of your training plan for them.

Running Chart In-Season

| Day: | Activity: |
|------|------------------|
| 1 | Sprints |
| 2 | Distance Running |
| 3 | Rest |
| 4 | Sprints |
| 5 | Distance Running |
| 6 | Rest |
| 7 | Rest |

Sprints: When performing sprints, alternate distancing for sprinting and walking (up to two miles. The rest period (walking) should be twice as long as the sprints. For example, sprint 50 yards and walk 100 yards. Sprint 100 yards, walk 200 yards.

Distance running: When running distance, run no more than two or three miles. On each outing, keep the time it takes you to run that specific distance. Every time you run distance, try to beat your previous run's time for that distance.

Note: On days you feel tired or fatigued, jog only one mile (untimed).

Keep a running record with the day/date, type of running, number of miles, and overall time.

Note 3: These running workouts are designed to optimize performance of judo athletes. I am not a big proponent of long distance running. A judo match is five minutes in length, ten minutes with golden score. There is no need to run eight or nine miles over 50 minutes, unless the athlete needs to log the miles to cut weight.