

New Year Camp 2014

Date	Training Session 1	Training Session 2	Training Session 3	Work Load
Jan 4 Sat	11.00-13.00 Technical training (J)	16.00-18.00 Pair Exercises (B)		Heavy
Jan 5 Sun	10.00-12.00 Pair Exercises (A)	15.00-17.00 Sparring (E)	18.30-20.00 Physical Training (J)	Heavy
Jan 6 Mon	9.00-11.00 Tactical training (I)	17.00-18.15 Cadets (S)	18.15-19.30 Junior & Senior (I)	Medium
Jan 7 Tue			Jogging/Rest	Light
Jan 8 Wed	9.00-11.00 Technics & Tactics (I)	15.00-17.00 Sparring (J)		Heavy
Jan 9 Thu	9.00-11.00 Technics & Tactics (I)		19.30-20.45 Pair Exercises (J)	Medium
Jan 10 Fri			17.00-18.15 Recovery training (J)	Light
Jan 11 Sat	11.00-13.00 Technical training (S)	16.00-18.00 Pair Exercises (J)		Heavy
Jan 12 Sun	10.00-12.00 Pair Exercises (J)	14.00-16.00 Sparring (I)	18.30-20.00 Physical Training (J)	Heavy
Jan 13 Mon	9.00-11.00 Tactical training (I)	17.00-18.15 Cadets (S)	18.15-19.30 Junior & Senior (I)	Medium

(Coach name's first letter showing who is responsible for the session)

Coaches

Jarkko Mäkinen 5th Dan, Youth Olympic Coach, Finland

Eero Viinikainen 4th Dan, National Team Coach, Finland

Sauli Glad 3rd Dan, National Team Coach, Finland

Igor Bogdanov 1st Dan, Coach of Karelia, Russia

Badr Eddine Lamdaghri Alaoui 5th Dan, Head Coach, Estonia

Abdullah Hatim 5th Dan, Head Coach, United Arab Emirates

