Judo Canada

Regional Training Center Lethbridge Pathway



Club

RTC

NTC

International Tactical

U14	U16	U16	U18	U18	U21	U21	U21	Senior
2nd YR	1st YR	2nd YR	1st YR	2nd YR	1st YR	2nd YR	3rd YR	
T2T			T2C			T2W		
40 weeks a year	44 weeks a year		48 weeks a year		48 weeks a year			
Competitions: 8	Competitio	ons: 8 - 10	Competitio	ns:10-12	Competiti	ons:10-16		
Matches: 30	Matches: 40		Matches: 40-50		Matches: 40-50			
Judo: 3 x a week	Judo: 4-6 x	a week	Judo: 4-7 x	a week	Judo: 6-10) x a week		
Intro to mental train	Mental Training		Mental Training		Mental Training			
Intro to cross train	Cross Train x 3 a week		Conditioning 2 x a week		Conditioning 2/3 x a week			
Technical Develop.	Intro to ta	ctical Train.	Strength 2-3	3 x a week	Strength 3	s x a week		
	Technical I	Develop.	Intro to tac	tical Train.	Tactical T	ain.		
			Competitio	n Technical	Competiti	on Technica	d.	

1	Technical		
Nutrition			
Health/Wellness	AdvanceThrowing		
Recovery	Off the Grip Throwing	Positive Mind Ta	ctical
Physiological	Basic-Advance Kumi-kata	Toughness	360 Attacking Plan
* strength	Blocking/Countering Skills	Goal Oriented	360 Defensive Plan
* fitness	Ne-waza Transition Skills	Visualization	Year/Perforamnce Plan
	Ne-waza Defensive skills	Emotional Control	Understanfing of how to