

TALLINN OPEN TRAINING CAMP 31.03-02.04.2025

FS TRAINING PLAN

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MONDAY 31.03 10:30 – 12:00	TUESDAY 01.04 10:30 – 12:00	WEDNESDAY 02.04 10:30 – 12:00
Warmup – 20 min Team Estonia or USA	Warmup – 20 min Team Switzerland	Warmup – 20 min Team Estonia
Technique: Leg attack – 5min Leg defense – 5min 4 pt Throws – 5min	Technique/individual 10 min	Technique/individual 3 x 5 min
Wrestling matches : 10 x 1 min	Wrestling matches : 3 min + 3 min Total 4 MATCHES	Wrestling matches : 10 x 1 min
Situation wrestling : Each situation – 5 x 30sec + 30sec Head lock Parterre High crouch Single leg		Parterre wrestling : 8 x 30sec + 30sec
LUNCH 12:30	LUNCH 12:30	LUNCH 12:30

16:30 – 18:00	16:30 – 18:00	16:30 – 18:00
Warmup – 20 min Team Ukraine	Warmup – 20 min Team Bulgaria (CSKA Sofia)	Warmup – 20 min Team Georgia
Technique : Team Ukraine 30 min	Technique/individual 10 min	Technique/individual 2 x 5 min
Wrestling matches : 10 x 2 min	Wrestling matches : 3 min + 3 min Total 3 MATCHES	Wrestling matches : 10 x 1 min
Cool down 10 min	Cool down 10 min	Situation wrestling : Group of 3 people Head lock - 5min Parterre - 5min High crouch - 5min Single leg - 5min
		Wrestling : winner stays in! Group of 3 people 12 min
DINNER 18:30	DINNER 18:30	DINNER 18:30