

TALLINN OPEN TRAINING CAMP 30.03 - 2.04.2025

GR TRAINING PLAN

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MONDAY 31.03 12:00 – 13:30	TUESDAY 01.04 12:00 – 13:30	WEDNESDAY 02.04 12:00 – 13:30
Warmup – 20 min	Warmup – 20 min	Warmup – 20 min
Technique – 3 x 5 min	Technique – 15 min	Technique – 3 x 6 min Parterre 2 min Cross tie 3 min Throws (speed) 1 min
Situation wrestling: Each situation – 4x30sec + 30sec Head lock (on the knees) Gut wrench (parterre) Back lift (parterre) All moves(parterre)	Wrestling matches: 2,5 min + 2,5 min Total 4 MATCHES	Wrestling + situations: Wrestling 2 min Situation 30sec+30sec Parterre 30sec+30sec Total 5 ROUNDS
Wrestling match: 4 x 2 min		
LUNCH 13:30	LUNCH 13:30	LUNCH 13:30

18:00 – 19:30	18:00 – 19:30	18:00 – 19:30
Warmup – 20 min	Warmup – 20 min	Warmup – 20 min
Technique – 2 x 5 min	Technique – 15 min	Technique – 3 x 20 min Two on one (Russian tie) Throws Parterre
Situation wrestling: Each situation – 4x30sec + 30 sec Two on one (Russian tie) One hand under Two hand under Offense – Defense	Wrestling matches: 2,5 min + 2,5 min Total 3 MATCHES	Wrestling match: 2 min + 2 min + 2 min
Wrestling (group of 4) – 10 min Winner stays in! Change group Wrestling (group of 4) – 10 min Winner stays in!	Wrestling in parterre: 30 sec + 30 sec Total 6 TIMES	
DINNER 19:30	DINNER 19:30	DINNER 19:30