

TALLINN OPEN TRAINING CAMP 31.03-02.04.2025

WW TRAINING PLAN

Contact: **Ahto RASKA** | email: ahto.raska@maadlusliit.ee | phone: +372 5562 9330

| MONDAY 31.03 08:30 – 10:30 | TUESDAY 01.04 08:30 – 10:30 | WEDNESDAY 02.04 09:00 – 10:30 |
|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| YUI SUSAKI – JAPAN | YUI SUSAKI – JAPAN | Warmup – 20 min |
| Introducing and welcome speech – 10 min | Warmup/preparation technique for the matches – 30 min | Technique – 20 min (Every 5 min changing the new partner) |
| Warmup – 20 min Speed exercises – 10 min | Wrestling matches - 3 min + 3 min - 3 min + 3 min - 3 min + 3 min - 3 min + 3 min | Situation wrestling group of 3 – Each situation is 6 x 1min High crouch Single leg Front head lock Parterre Offense/defense |
| Technique – 30 min | | |
| Wrestling matches (every round changing the new partner): 10 rounds 2min standing wrestling + 1min parterre | Technique and extra exercises – 30 min | Wrestling matches – 12 x 1 min (Every 1 min changing the new partner) |
| Extra – 15 min Conditioning etc. | | |
| LUNCH 11:00 | LUNCH 11:00 | LUNCH 11:00 |

| 14:30 – 16:30 | 14:30 – 16:30 | 15:00 – 16:30 |
|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------|---------------------------------------|
| YUI SUSAKI - JAPAN | YUI SUSAKI - JAPAN | Training will provide Team USA |
| Warmup – 20 min Speed exercises – 10 min | Warmup – 20 min Speed exercises – 10 min | |
| Technique – 30 min | Technique / parterre and front head lock – 30 min | |
| Situation wrestling – 30 min | Situation wrestling – 30 min parterre and front head lock | |
| Wrestling matches – 6 x 3 min (Every 3 min changing the new partner) | Wrestling matches – 6 x 3 min (Every 3 min changing the new partner) | |
| DINNER 17:00 | DINNER 17:00 | DINNER 17:00 |