

U20 WOCHENTRAININGSPLAN RLZ-ZJV

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	08:00 - 09:30		08:00 - 09:30		8:00 - 9:30	
	Judo Technik (Uster)		KraftTraining (Uster)		Judo Technik (Club-Training)	
					Individuell	
					KraftTraining	
16:30-18:30		13:30 - 15:30		13:30 - 15:30		
KraftTraining (Uster)		Judo Technik (Uster)		Judo Technik (Uster)		
19:30 - 21:15	19:00 - 20:45		19:30 - 21:15	19:00 - 20:45 (Brugg) 19.30-21.15 (Wetzikon)		
Judo Technik + Randori (Uster)	Judo Randori (Brugg)		Judo Technik + Randori (Uster/Biel)	Judo Randori (Brugg/Wetzikon)		