

TRAINING CAMP SPAŁA 26-28.02.2024

MONDAY 26.02.2024		TUESDAY 27.02.2024		WEDNESDAY 28.02.2024	
M + W 10.00-12.00	10' warm-up, 5' uchi komi, 3x3' RNW, 5x4' RTW	M + W 10.00-12.00	10' warm-up, 5' uchi komi, 8x4' RTW	M + W 9.00-11.00	10' warm-up, 5' uchi komi, 7x3' RTW
M + W 16.30-18.30	10' warm-up, 5' uchi komi, 2x3' RNW, 6x4' RTW	M + W 16.30-18.30	10' warm-up, 5' uchi komi, 6 x 4'+1' GS RTW, 10' RNW ippon change		