

# Competitive Team Weekly Training Journal (Juv, Jr, Sr)



**Athlete:**

**Date:**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>		
<b>Judo Practise and supplementary training notes:</b>	<b>Running</b>	<b>Judo Practise and supplementary training notes:</b>	<b>Running</b>	<b>Judo Practise and supplementary training notes:</b>		
	Long Block    Sissy Maker		Long Block    Sissy Maker			
	Time		Time			
	<b>Strength Conditioning</b>		<b>Strength Conditioning</b>			
	Exercise		Resistance		Exercise	Resistance
	Bench Press				Bench Press	
	Supine Pull				Supine Pull	
	Military Press				Military Press	
	Pull Downs				Pull Downs	
	Biceps Curl				Biceps Curl	
	French Press				French Press	
	Squats				Squats	
	Leg curls				Leg curls	
<b>Judo Practise</b>		<b>Judo Practise</b>				
<b>Weigh-in:</b>	<b>kg</b>	<b>Weigh-in:</b>	<b>kg</b>	<b>Weigh-in:</b>	<b>kg</b>	