



# European Judo Union



## EJU OTC "Going for Gold"

**Men - Women 9 - 18 March 2015 Nymburk, Czech Republic**

### TRAINING PROGRAM

9 March Monday	10 March Tuesday	11 March Wednesday	12 March Thursday	13 March Friday	14 March Saturday	15 March Sunday	16 March Monday	17 March Tuesday	18 March Wednesday
Arrivals of teams Registration	9.00 - 10.30 <b>WOMEN</b>	9.00 - 10.30 <b>MEN</b>	Training by teams	9.00 - 10.30 <b>MEN</b>	9.00 - 10.30 <b>WOMEN</b>	Training by teams			
	11.00 - 12.30 <b>MEN</b>	11.00 - 12.30 <b>WOMEN</b>		11.00 - 12.30 <b>WOMEN</b>	11.00 - 12.30 <b>MEN</b>		9.30 - 11.30 <b>WOMEN</b>	9.30 - 11.30 <b>WOMEN</b>	9.30 - 11.30 <b>WOMEN</b>
	6x5' TW 15' ipon ch.	5x3' NW 5x5' TW		6x5' TW 15' ipon ch.	5x3' NW 5x5' TW		5x3' NW 5x5' TW	2x5' NW 5x5' TW	3x3' NW 5x5' TW
	15.00 - 17.00 <b>WOMEN</b>	15.00 - 17.00 <b>MEN</b>	15.00 - 17.00 <b>WOMEN</b>	15.00 - 17.00 <b>MEN</b>	15.00 - 17.00 <b>WOMEN</b>	Training by teams			Departures
17.00 - 19.00 <b>WOMEN</b>	2x4' NW 4x4'+1GS	2x5' NW 8x5' TW	2x4' NW 4x4'+1GS	2x5' NW 7x5' TW	2x4' NW 4x4'+1GS		16.30 - 18.30 <b>WOMEN</b>	16.30 - 18.30 <b>WOMEN</b>	
<b>MEN</b>	4x4' TW	4x4' TW	4x4' TW	4x4' TW	4x4' TW		<b>MEN</b>	<b>MEN</b>	
3x5' NW 6x5' TW	17.15 - 19.15 <b>MEN</b>	17.15 - 19.15 <b>WOMEN</b>	17.15 - 19.15 <b>MEN</b>	17.15 - 19.15 <b>WOMEN</b>	17.15 - 19.15 <b>MEN</b>		2x5' NW 3x5'+1GS 2x5' TW	3x5' NW 4x5' TW	
	2x5' NW 4x5'+1GS 3x5' TW	2x4' NW 8x4' TW	2x5' NW 4x5'+1GS 3x5' TW	2x4' NW 8x4' TW	2x5' NW 4x5'+1GS 3x5' TW				

Central Dojo 1000 m Access 06:00 - 22:00. Free access to Sports Center facilities:

Swimming pool, saunas, regeneration center, weight training and fitness rooms, grass fields, indoor tennis and basketball halls, etc.

See the Supplementary Program