

# 2012 Annual training plan

	Exercise/major competitions	Muscle training	Metabolic training
January	Midwinter training Voluntary training period ↓	Introduction Enlarged muscles ↓	
February	Buildup ↓	Improvement of muscle strength	
March	↓	↓	
April	Beginning of school classes	Improvement of power	
May	<b>Regional preliminary rounds (team match)</b>	↓ Power circuit ↓	
June	<b>National competition (team match)</b>	↓ ↓ ↓	
July	<b>Measurement</b>		
	Voluntary training period	Enlarged muscles ↓	
August	Buildup ↓	Improvement of muscle strength/power	
September	<b>Regional preliminary rounds (individual match)</b>  <b>National student competition (individual match)</b>	↓ Power circuit ↓	
October	<b>National competition (weight- category team match)</b>	↓	
November	<b>Kodokan Cup (national competition)</b>	↓	
December	<b>Measurement</b>		

Generally, 60 - 100 minutes of weight training is performed twice or three times a week, approximately 90 times a year.