

# 4 Week Tournament Preparation

## Introduction

This tournament preparation puts the focus on developing the aerobic system.

You should have built a solid aerobic base during your general fitness training that you can now build upon.

## Schedule

Week 1	1x Cardiac Power Intervals 1-2x Threshold Training 1-3x Cardiac Output Method
Week 2	1-2x Cardiac Power Intervals 2-3x Threshold Training 0-1x Cardiac Output Method
Week 3	1x Cardiac Power Intervals 1-3x Threshold Training 1-2x Cardiac Output Method
Week 4	2-3x Cardiac Output Method

If you can train multiple times per day, use the additional sessions for light technical work.

## Guidelines

Listen to your body and adjust your training intensity to how you feel on a certain day.

Do your light drilling and troubleshooting before you do the workout of the day. Focus on your A game and problem areas that you identified from your rolling and past tournament experience.

On the Cardiac Output Method days, use positional sparring and drills for the rolling part of the training sessions. Work on your A game and from the positions where you are having trouble.

Cut down your training volume 8-10 days before the tournament. Stick to the cardiac output method during that period and focus on light technical work on your other days.

