

# TRAINING CAMP LIGNANO SABBIADORO

22/23/24 APRIL 2024

## Monday 22 April

**10:00/12:00**

20' free warm up  
4 x 4' NW  
6 x 4' TW (2 groups)

**16:30/18:30**

20' free warm up  
6 x 4' + 1'g.s. TW (2 groups)  
15' ippon change NW

## Tuesday 23 April

**10:00/12:00**

20' free warm up  
4 x 4' NW  
6 x 4' TW (2 groups)

**16:30/18:30**

20' free warm up  
6 x 4' + 1'g.s. TW (2 groups)  
15' ippon change NW

## Wednesday 24 April

**10:00/12:00**

20' free warm up  
4 x 4' NW  
6 x 4' TW (2 groups)