Český svaz juda **Tab. č. 3**

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| --- |
| **Postupné sportovní cíle a minimální ukazatele tréninkového zatížení** |

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| --- | --- | --- | --- |
| **RD**: | DOROST | **Rok :** | **2015** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Soutěž | Umístění do : | | | | Minimální tréninkové zatížení | | | | | |
| 3. m. | 5. m. | 7. m. | 16. m. | OTU | | STU | | | |
| ČZ  101 | DNY  104 | 107 | 108 | 109 | 110 |
| **MS** |  |  |  |  |  |  |  |  |  |  |
| **ME** |  |  |  |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ME -23** |  |  |  |  |  |  |  |  |  |  |

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| **MSJ** |  |  |  |  |  |  |  |  |  |  |
| **MEJ** |  |  |  |  |  |  |  |  |  |  |

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| **MSD** |  |  | 1 | 1 |  |  |  |  |  |  |
| **MED** |  | 1 |  | 2 | 670 | 240 | 120 | 150 | 155 | 195 |
| **EYOF** |  | 1 | 1 | 2 |  |  |  |  |  |  |

OTU / STU dle novelizace platné od ledna 2006