



**KARATE BC**

# BC Team - Junior Nationals Taper Plan

	April 27 Saturday	April 28 Sunday	April 29 Monday	April 30 Tuesday	May 1 Wednesday	May 2 Thursday	May 3 Friday
<b>Competition Countdown:</b>	6 days	5 days	4 days	3 days (Travel Day)	2 days (Travel Day)	1 day	COMPETITION DAY
<b>Strength &amp; Conditioning (Considerations)</b> - Intensity should remain high (80-100%) until travel day - On travel day, low intensity workout/training beneficial upon arriving to Edmonton - Warm up should mimic what you will do at Nationals (PRACTICE this) - Cooldown should include dynamic stretches	- High intensity, Low volume, sport-specific movements - 1-3 reps per exercise, 2-3 sets - 80-100% intensity - Long rest between sets (2 min) - Low volume interval training OK	- High Intensity, EXTREMELY low volume, sport-specific movements - 1-3 reps per exercise, 1-2 sets - 70-80% intensity - Long Rest between sets	- 1 set of sport-specific exercises at 100% intensity - 1 set of high intensity sprint intervals - sport-specific exercises: Exercises that mimic sport performance (in karate, the LUNGE is a great sport-specific exercise)	- Increase HR (low intensity) before and after landing in Edmonton - Dynamic & static stretches recommended - *static stretches: Anything where you are HOLDING a stretch (Sit and reach, hurdle stretch, long lunge)	- Increase HR upon waking - No strength & conditioning exercises - Dynamic & static stretches - Dynamic Stretches: Stretching throughout a range of motion with muscle working (leg swings, arm rotations, lunges, knee drives etc.)	- Muscle activation & sport-training only - Rehearse your pre-competition warm-up - Active cooldown, dynamic stretches	- Move body (increase HR) as soon as you arrive at the venue. - competing in morning: maintain light movements and go over pre-comp warm-up - competing in afternoon: sitting is okay until 1-hour before your estimated division start time
<b>IMPORTANT: This information is only applicable if you are currently following a S&amp;C program. If not, do NOT begin one until after Nationals</b>							
<b>Karate Training:</b> - Maintain your game plan leading up the event, but manage your intensity and volume to offer peak performance at the competition - Technical/Tactical components are individual to each athlete.	- Maintain regular training schedule - Mimic competition matches with referee - Rehearse your gameplan and movements	- Maintain regular training schedule - Mimic competition environment, wear all sparring equipment, run full matches.	- 80-90% intensity - 75% volume - Minor technical focus - Moderate tactical focus	- 80-90% intensity - 50% volume - Minor technical focus - Moderate tactical focus	- 90% intensity - 30% volume - Team Training	- 100% intensity - 20% volume - Team Training	- Warm up min 1hr prior to division starting - Discipline specific warm-up raising in intensity the closer to performance time you get.
<b>Mental Training:</b> - Mental prep is as, if not more, important than your physical preparation. - <a href="http://www.csipacific.ca/athletes/sport-education/ondemand/">http://www.csipacific.ca/athletes/sport-education/ondemand/</a> has great presentations and information on mental performance	- Maintain regular mental training schedule - Rehearse your mental preparations pre-match	- Maintain regular mental training schedule - Rehearse your mid-match and post-match thought patterns	- Talk with Sensei/Coach about competition plan - Review your positive attributes/skills	- Go over game plan - Remind what you are in control of and what you are not	- Ensure proper sleep - Success training - Positive mindset	- Ensure proper sleep - Watch your highlight reel - Confidence, build on past successes - Rehearse your mental preparation for first match	- Mental rehearsing - Visualization - Enact your rehearsed mental plans, and match strategies
<b>Ancillary:</b> - Weight management, gear preparations, and other items that require your attention for a strong performance at Nationals	- Weight check (max +10% of goal weight)	- Weight check (max +7% of goal weight)	- Weight check (max +5% of goal weight) - Pack all gear, double check - Water, music, headphones, etc.	- Stay hydrated - Avoid excess caffeine - quick workout after flight	- Weight check (max +2% of goal weight in morning) - Weight check (at goal weight in late evening)	- Weigh-in (goal weight) - Unpack and check your gear - Charge your music device, fill water, pre-pack - Rehearse your morning routine for next day (what you are going to eat, when, what you're wearing, what you're feeling, etc)	- Cheer on teammates - Arrive to venue in morning - Enact your pre-game plan
<b>Nutrition:</b> - Nutritional managements pre & mid event is critical. - Eat the correct nutritional components to offer your body the best chance at performing at it's best while managing your weight. - Do not drastically adjust your previous diet directly prior to the event	- Normal Diet - Increase water intake	- Normal Diet - Maintain water intake	- Normal Diet - Maintain water intake	- High carb diet with tapering in training intensity - Carb loading technique can begin (if familiar) - High carb, moderate protein - water intake	- Limit unfamiliar foods - avoid excess caffeine - moderate carbs/fats/proteins - water (even more important if you're flying)	- Provide fluid (water) and stored energy (carbs) - carb-heavy meal night before - Only familiar foods - water and electrolyte drink	2-4 hours before: High carbohydrate, moderate GI 20-60mins before: High GI snack (carb gel, fruit, fruit gummies) Electrolyte drink (gatorade, coconut water) - one bottle water (500ml) every 1 hr
<b>Weight Cutting Considerations:</b> - rapid weight cut due to de-hydration is detrimental to performance and health - Best if done over 2-3 week period (gradually lowering volume) while maintaining salt and water intake - High protein/moderate carbs diet may be good strategies as well as Intermittent Fasting*							
*Intermittent Fasting: Eating all meals within an 8hr period (for example from 11am-7pm) while fasting the other 16 hours							