

STRENGTH & CONDITIONING TRAINING CAMP

Day 1: Fitness Testing - Strength & Power - Energy System Development

08.30-09.00 Registration

09.00-09.30 Lecture: Introduction and Training Camp Overview

09.30-09.45 Break & Preparation for Fitness Testing

09.45-12.45 Practical: Performance Fitness Testing

12.45-13.15 Recovery Protocol

13.15-14.15 Lunch

14.15-15.15 Practical: Strength & Power Session

15.15-16.00 Recovery Protocol

16.00-17.00 Practical: Energy System Development (ESD) Session

Day 2: Hypertrophy – Energy System Development

09.00-09.45 Lecture: Program Design & Training Plan

09.45-10.00 Break

10.00-11.15 Practical: Lower Body Hypertrophy Session

11.15-12.00 Recovery Protocol

12.00-13.00 Lunch

13.00-14.15 Practical: Upper Body Hypertrophy Session

14.15-15.00 Recovery Protocol

15.00-16.00 Practical: Energy System Development (ESD) Session

16.00-16.30 Q&A and Group Photo

*Training times scheduled are subject to change