

ETU athlete development Camp, Kamchia-Varna / Bulgaria

	Sunday 2018.06.25	Monday 2018.06.26	Tuesday 2018.06.27	Wednesday 2018.06.28	Thursday 2018.06.29	Friday 2018.06.30	Saturday 2018.07.01		
6:00	ATHLETE ARRIVALS								
7:00		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST		
9:00		RUN	SWIM	RUN - easy	BRICK	SWIM	ATHLETE DEPARTURES		
10:00		<i>test 3km</i>	<i>An set/drills</i>	<i>strength&stretch</i>	<i>Bike + Run An set</i>	<i>open water</i>			
11:00		REST	REST	REST		REST			
12:00		SWIM	RUN	SWIM	REST	RUN			
13:00		<i>400 - 100 test</i>	<i>Ae run + drills</i>	<i>open water</i>	REST	<i>speed set</i>			
14:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH			
15:00		REST	REST	REST	REST	REST			
15:30		REST	REST	REST	REST	REST			
16:00		BIKE	BIKE	TRANSITION	BIKE	BIKE			
17:00		<i>skills</i>	<i>Pacelines and Pulling</i>	<i>Practical Velodrom</i>					
18:00		<i>assesment</i>	stretching	stretching	<i>1,5 recovery</i>	<i>2,5 hills</i>			
19:00		REST	DINNER	DINNER	DINNER	DINNER			
20:00		DINNER	Nutrition	Ethics and Doping	Planning	LTAD		HEAD COACH	
21:00		Coach Briefing	Coach Briefing	Coach Briefing	Coach Briefing	Coach Briefing		WRAP UP	
22:00									
22:00									