**2020 Hatsukaichi Team ASTC and Women Development Continental Camp Schedule**

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| **Date** | **Session No.** | **Session type** | **Session goal** |
| Sunday 26 April | 08:00  09:00 ~ 11:00  11:00 ~ 12:00  Session 1  Session 2 | Breakfast  Transport  Check-in & Team meeting  Swim Drills and Skills  Team meeting | Swimming pool  Meeting room |
| Monday 27 April | Session 1  Session 2  Session 3  Session 4 | Swim skills & endurance  Coaches meeting  Run drills & skills  Team meeting | Swimming pool  Meeting room  Track  Meeting room |
| Tuesday 28 April | Session 1  Session 2  Session 3  Session 4 | Swim skills & endurance  Coaches meeting  Strength and Conditioning  Team meeting | Swimming pool  Meeting room  Gym  Meeting room |
| Wednesday 29 April | Session 1  Session 2  Session 3  Session 4 | Bike – ride group skills  Coaches meeting  Swim Time Trials  Team meeting | Outside roads  Meeting room  Swimming pool  Meeting room |
| Thursday 30 April | Session 1  Session 2  Session 3  Session 4 | Swim Threshold  Coaches meeting  Swim recovery  Team meeting | Swimming pool  Meeting room  Swimming pool  Meeting room |
| Friday 1 May | Session 1  Session 2 | Swim  Coaches meeting  Departures | Swimming pool  Meeting room |
| Saturday 2 May |  | Departures |  |