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

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| **Date** | **Session No.** | **Session type** | **Session goal** |
| Sunday 26 April | 08:0009:00 ~ 11:0011:00 ~ 12:00Session 1Session 2 | BreakfastTransport Check-in & Team meetingSwim Drills and SkillsTeam meeting  | Swimming poolMeeting room |
| Monday 27 April | Session 1Session 2Session 3Session 4 | Swim skills & enduranceCoaches meetingRun drills & skillsTeam meeting | Swimming pool Meeting roomTrackMeeting room |
| Tuesday 28 April | Session 1Session 2Session 3Session 4 | Swim skills & enduranceCoaches meetingStrength and ConditioningTeam meeting | Swimming poolMeeting roomGymMeeting room |
| Wednesday 29 April | Session 1Session 2Session 3Session 4 | Bike – ride group skillsCoaches meetingSwim Time TrialsTeam meeting | Outside roadsMeeting roomSwimming poolMeeting room |
| Thursday 30 April | Session 1Session 2Session 3Session 4 | Swim ThresholdCoaches meetingSwim recoveryTeam meeting | Swimming poolMeeting roomSwimming poolMeeting room |
| Friday 1 May | Session 1Session 2 | SwimCoaches meetingDepartures | Swimming poolMeeting room |
| Saturday 2 May |  | Departures |  |