



SCHEDULE (subject to change)



NORMAL WEEK

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MORNING	ARRIVAL CHECK IN KIT DELIVERY	CFC TRAINING PHYSICAL AND ANTHRO- POMETRIC TESTS	CFC TRAINING	CFC TRAINING	CFC TRAINING	CFC TRAINING	CFC TRAINING
	LUNCH						
AFTER- NOON	ARRIVAL CHECK IN KIT DELIVERY OPENING CEREMONY	CFC TRAINING PHYSICAL AND ANTHRO- POMETRIC TESTS	CFC TRAINING	FREE AFTERNOON (RECREATIONAL ACTIVITIES)	CFC TRAINING	TOUR TO THE STADIUM AND MUSEUM SHOPPING CEREMONY AND DINNER AT THE STADIUM	CLOSING OF ELITE TRAINING CAMP
	DINNER						

NORMAL DAY

HOUR	DAY
8:30	BREAKFAST
9:00	TRANSPORTATION TO CFC
9:30	SPECIFIC TRAINING SESSION
10:00	TRAINING SESSION
12:30	LUNCH
14:00	REST
14:30	THEORETICAL SESSION
16:00	SNACK
16:30	TRAINING SESSION
18:30	TRANSPORTATION TO THE HOTEL
20:00	DINNER
23:00	REST