

09:30

Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B r e a k f a s t						
Briefing & Good-Morning-Moves :-)						
3h Bike Technique & Speed-Drills MP: House	5h Bike Hill-Reps Incl. Trail-Brick-Run Running Shoes on the Bike MP: "Angra West"	Theory Technique-drills MP: Hotel	2h Transition Technique & Intervals Bike-Run MP: House	5h Bike Incl. Coastal-Brick-Run Running Shoes on the Bike MP: "Angra West"	1h Easy Walk Checking race-bike-course MP: Hotel	Quadrathlon
					Theory Train with your Brain	
1,5h Brick-Run/Walk MP: Hotel		1,5h Swim Technique & Intervals	2h Bike Recom		2h Life-Kinetics & Athletics	
L i t t l e L u n c h / C o f f e e						
Theory Open-water-swimming MP: Hotel	Free Activity Caves, Whale-Watching, museum, city-tour, sleep ...	Theory Paddling & Multisports MP: Kayak Club	Kayak Individual coaching MP: Kayak Club	1h Ocean-Swim Technique & Race-Prep MP: Beach	2h Beach-Team-Cup MP: Hotel	
Ocean-Swim Theory -> Practice		2h Kayak Material, Technique & Race-Prep			Kayak Individual coaching MP: Kayak Club	
Stretching & Myofascial Massage						
D i n n e r						
Introduction-Lecture "How diversity leads to success" MP: Hotel	Let's talk about... MP: Hotel				Lecture "Sportpsychology: Veni, Vidi, Vici" MP: Hotel	Personal-Coaching MP: Hotel

09:30

Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B r e a k f a s t						
Briefing & Good-Morning-Moves :-)						
Theory Open-water-swimming MP: Hotel	3h Bike Technique & Speed-Drills MP: House	5h Bike Incl. Trail-Brick-Run Running Shoes on the Bike MP: "Angra West"	Theory Technique-drills MP: Hotel	1,5h Run Technique & Intervals MP: House	4h Bike Incl. Trail-Brick-Run Running Shoes on the Bike MP: "Angra West"	2h Transition Technique & Intervals Bike-Run MP: House
Ocean Swim Theory -> Practice			1,5h Swim Technique & Intervals	2h Bike Recom	1h Athletics & Core-Strength	
L i t t l e L u n c h / C o f f e e						
	2h Kayak Rock-Tour MP: Kayak Club	Ocean-Swim MP: Beach	Kayak Individual coaching MP: Kayak Club	Kayak Individual coaching MP: Kayak Club	Ocean-Swim MP: Beach	Going Home :-/
Stretching & Myofascial Massage						
D i n n e r						
Lecture "How diversity leads to success" MP: Hotel	Let's talk about... MP: Hotel				Personal-Coaching MP: Hotel	

Angra do Heroísmo

