

Daily schedule of meal times and training activities during camp in Spain

7.00	Breakfast
8.00-10.00	Pool training followed by 10-15min of stretching
10.30-11.30	Land training
12.30	Lunch
15.00-17.00	Pool training
17.15-17.45	Flexibility routine
19.00	Dinner
22.00	Last lights out

We are investigating where land training and stretch will be held and what that might be able to include.

There may also be the opportunity for some gentle relaxing sports/games such as beach volleyball, or other things depending on the facilities and walks in between training. However, the coaches are keen that everyone makes the most out of the training as this is a swim camp and we don't want the swimmers getting tired out in hot sun or doing other activities that stop them swimming their best.

Chaperones

19.30-22.00	Videos/quiet time in room, board games
20.30/21.00	Lights out for those that need more sleep