

TOUGHEST
TRAINING
CAMP

SUN

18:00

MIKES
GYM

Welcome dinner

MON

07:30 - 08:30 MIKES
GYM

Breakfast

09:00

MIKES
GYM

Combat Zone Intro

13:00

MIKES
GYM

Lunch

15:00

MIKES
GYM

Running / Intervalls

17:00

MIKES
GYM

Mobility

19:00

MIKES
GYM

Dinner

TUE

07:30 - 08:30 MIKES
GYM

Breakfast

09:00

MIKES
GYM

Departure

10:00

Mountainrunning

15:30

MIKES
GYM

Back at camp

16:00

MIKES
GYM

Obstacle course

19:00

MIKES
GYM

Dinner

WED

07:30 - 08:30 MIKES
GYM

Breakfast

09:30

MIKES
GYM

Obstacle course

13:00

MIKES
GYM

Lunch

15:00

MIKES
GYM

Upper part

17:00

MIKES
GYM

Mobility

19:00

MIKES
GYM

Dinner

THU

07:30 - 08:30 MIKES
GYM

Breakfast

09:00

MIKES
GYM

Departure

10:00

Mountainrunning

15:00

MIKES
GYM

Back at camp

16:00

MIKES
GYM

Combat zone

19:00

MIKES
GYM

Dinner

FRI

09:00 - 10:00 MIKES
GYM

Breakfast

11:00

MIKES
GYM

Run / drive to beach

11:00

Beach activities

19:00

MIKES
GYM

Dinner

SAT D DAY

07:30 - 08:30 MIKES
GYM

Breakfast

09:00

MIKES
GYM

Assault course

13:00

MIKES
GYM

Lunch

14:00

MIKES
GYM

Pool hang

18:00

MIKES
GYM

Barbecue
