

TOUGHEST
TRAINING
CAMP

WINTER
2020

FRI

14:00 **Camp start** TOUGHEST LAB

15:00 **Obstacle Technique** TOUGHEST LAB

17:00 **Toughest Training** TOUGHEST LAB

18:00 **Run to Hotel**

20:00 **Dinner** HOTEL

SUN

08:00 **Breakfast** HOTEL

09:00 **Recovery Run** HOTEL

10:30 **Mobility** TOUGHEST LAB

11:30 **Obstacle Technique** TOUGHEST LAB

13:00 **Lunch** TOUGHEST LAB

14:00 **Prehab** TOUGHEST LAB

15:00 **Sprint** TOUGHEST LAB

16:30 **Camp Ends** TOUGHEST LAB

SAT

08:00 **Breakfast** HOTEL

09:30 **Bus from Hotel** HOTEL

10:00 **Outdoor Training** RIBBAN

12:00 **Kallbadhuset** RIBBAN

13:30 **Lunch** RIBBAN

17:00 **Toughest Strong** TOUGHEST LAB

18:00 **Run to Hotel**

20:00 **Dinner** HOTEL