



TOUGHEST TRAINING CAMP

SCHEDULE
4-6 FEB 2022

WINTER EDITION

FRIDAY

08:00	
16:00	CAMP STARTS 📍 Toughest LAB
16:30	OBSTACLE TECHNIQUE 📍 Toughest LAB
17:30	TOUGHEST TRAINING 📍 Toughest LAB
18:30	RECOVERY JOG 📍 Toughest LAB to Hotel
20:00	DINNER 📍 Scandic Segevång

SATURDAY

08:00	BREAKFAST 📍 Scandic Segevång
09:30	BUS LEAVES 📍 Scandic Segevång
10:00	OUTDOOR TRAINING 📍 Ribersborg
11:30	COLD BATH AND SAUNA 📍 Kallbadhuset, Ribersborg
13:30	LUNCH 📍 Ribersborg
15:00	OBSTACLE TECHNIQUE 📍 Toughest LAB
17:00	TOUGHEST STRONG 📍 Toughest LAB
18:00	RECOVERY JOG 📍 Toughest LAB to Hotel
20:00	DINNER 📍 Scandic Segevång

SUNDAY

08:00	BREAKFAST 📍 Scandic Segevång
09:00	RECOVERY RUN 📍 Hotel to Toughest LAB
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