

### Training plan - Camp Kroatien - Lovran 28.07. - 04.08. 2019

| Day       | Date       | Activity       | Time           |
|-----------|------------|----------------|----------------|
| Sunday    | 28.07.2019 | Day of arrival | From 2 pm      |
|           |            | Training-free  |                |
| Monday    | 29.07.2019 | Training       | 7:30 - 8:45 am |
| Tuesday   | 30.07.2019 | Training       | 7:30 - 8:45 am |
| Wednesday | 31.07.2019 | Training       | 7:30 - 8:45 am |
| Thursday  | 01.08.2019 | Training       | 7:30 - 8:45 am |
| Friday    | 02.08.2019 | Training       | 7:30 - 8:45 am |
| Saturday  | 03.08.2019 | Training       | 7:30 - 8:45 am |
| Sunday    | 04.08.2019 | Departure      | From 10-12 am  |
|           |            | Training-free  |                |

|                    |               |
|--------------------|---------------|
| General times for: |               |
| Breakfast          | 7:00 - 10:00  |
| Dinner             | 19:00 - 21:00 |

Changes are possible!