

## Preliminary Program for Regional Figure Skating Training Camp - 4-14 May, 2015 - Budapest

	4 May - Monday			5 May - Tuesday			6 May - Wednesday			7 May - Thursday		
	Group 'C'	Group 'B'	Group 'A'	Group 'C'	Group 'B'	Group 'A'	Group 'C'	Group 'B'	Group 'A'	Group 'C'	Group 'B'	Group 'A'
Breakfast at Hotel	6:30-9:00			6:30-9:00			6:30-9:00			6:30-9:00		
Off Ice section - Warm up	7:30-8:20	8:30-9:20	9:30-10:20	7:30-8:20	8:30-9:20	9:30-10:20	7:30-8:20	8:30-9:20	9:30-10:20	7:30-8:20	8:30-9:20	9:30-10:20
On Ice section	8:30-9:20	9:30-10:20	10:30-11:20	8:30-9:20	9:30-10:20	10:30-11:20	8:30-9:20	9:30-10:20	10:30-11:20	8:30-9:20	9:30-10:20	10:30-11:20
Off Ice section - Cool down/ regeneration	9:30-10:20	10:30-11:20	11:30-12:20	9:30-10:20	10:30-11:20	11:30-12:20	9:30-10:20	10:30-11:20	11:30-12:20	9:30-10:20	10:30-11:20	11:30-12:20
Lunch at Hotel	12:00 - 14:00			12:00 - 14:00			12:00 - 14:00			12:00 - 14:00		
On Ice Section	13:00-13:50	14:00-14:50	15:00-15:50	13:00-13:50	14:00-14:50	15:00-15:50	13:00-13:50	14:00-14:50	15:00-15:50	13:00-13:50	14:00-14:50	15:00-15:50
Ballet	14:00-14:50	15:00-15:50	16:00-16:50	14:00-14:50	15:00-15:50	16:00-16:50	14:00-14:50	15:00-15:50	16:00-16:50	14:00-14:50	15:00-15:50	16:00-16:50
Theory							17:30-18:30 - Nutrition for Sport (Training for Athletes)					
Dinner at Hotel	18:00-20:00			18:00-20:00			18:00-20:00			18:00-20:00		

	8 May - Friday			9 May - Saturday			10 May - Sunday			11 May - Monday		
	Group 'C'	Group 'B'	Group 'A'	Group 'C'	Group 'B'	Group 'A'	Group 'C'	Group 'B'	Group 'A'	Group 'C'	Group 'B'	Group 'A'
Breakfast at Hotel	6:30-9:00			7:00-9:00			6:30-9:00			6:30-9:00		
Off Ice section - Warm up	7:30-8:20	8:30-9:20	9:30-10:20	9:00 - 10:00 OFF ICE COACHES' SEMINAR (Planning trainings) 10:30 - 13:30 COACHES' SEMINAR ON ICE			8:00-8:50	9:00-9:50	10:00-10:50	7:30-8:20	8:30-9:20	9:30-10:20
On Ice section	8:30-9:20	9:30-10:20	10:30-11:20				9:00-9:50	10:00-10:50	11:00-11:50	8:30-9:20	9:30-10:20	10:30-11:20
Off Ice section - Cool down/ regeneration	9:30-10:20	10:30-11:20	11:30-12:20				10:00-10:50	11:00-11:50	12:00-12:50	9:30-10:20	10:30-11:20	11:30-12:20
Lunch at Hotel	12:00 - 14:00			12:00	12:30	13:00	12:00 - 14:00			12:00 - 14:00		
On Ice Section	13:00-13:50	14:00-14:50	15:00-15:50	DAY OFF FOR SKATERS !!!			13:00-13:50	14:00-14:50	15:00-15:50	13:00-13:50	14:00-14:50	15:00-15:50
Ballet	14:00-14:50	15:00-15:50	16:00-16:50				14:00-14:50	15:00-15:50	16:00-16:50	14:00-14:50	15:00-15:50	16:00-16:50
Theory												
Dinner at Hotel	18:00-20:00			18:30	19:00	19:30	18:00-20:00			18:00-20:00		

	12 May - Tuesday			13 May - Wednesday			14 May - Thursday		
	Group 'C'	Group 'B'	Group 'A'	Group 'C'	Group 'B'	Group 'A'	Group 'C'	Group 'B'	Group 'A'
Breakfast at Hotel	6:30-9:00			6:30-9:00			6:30-9:00		
Off Ice section - Warm up	7:30-8:20	8:30-9:20	9:30-10:20	7:30-8:20	8:30-9:20	9:30-10:20	7:30-8:20	8:30-9:20	9:30-10:20
On Ice section	8:30-9:20	9:30-10:20	10:30-11:20	8:30-9:20	9:30-10:20	10:30-11:20	8:30-9:20	9:30-10:20	10:30-11:20
Off Ice section - Cool down/ regeneration	9:30-10:20	10:30-11:20	11:30-12:20	9:30-10:20	10:30-11:20	11:30-12:20	9:30-10:20	10:30-11:20	11:30-12:20
Lunch at Hotel	12:00 - 14:00			12:00 - 14:00			12:00 - 14:00		
On Ice Section	13:00-13:50	14:00-14:50	15:00-15:50	13:00-13:50	14:00-14:50	15:00-15:50			
Ballet	14:00-14:50	15:00-15:50	16:00-16:50	14:00-14:50	15:00-15:50	16:00-16:50			
Theory				17:30-18:30 - Nutrition for Sport (Training for Coaches, Parents)					
Dinner at Hotel	18:00-20:00			18:00-20:00					

subject to change!