

# 2018 Intensive Training Camp

Hobart 09-13 December

Version 3

Timetable – Maximum number 20 individuals									
Day 1 - Tuesday		Day 2 - Wednesday		Day 3 - Thursday		Day 4 - Friday		Day 5 - Saturday	
08:45-09:15	Briefing								
09:15-10:00	Test Battery 1	09:15-10:00	Test Battery 1	09:15-10:00	Test Battery 1	09:15-10:00	Test Battery 1	09:15-10:00	Test Battery 1
10:00-11:00	Speed/Technique Training	10:00-11:00	Speed/Technique Training	10:00-11:00	Stability Training	10:00-11:00	Light Intensity Training	10:00-11:00	Mobility Training
11:00-11:30	Break	11:00-11:30	Break	11:00-11:30	Break	11:00-11:30	Break	11:00-11:30	Break
11:30-12:30	Q&A: Discussion of submitted questions	11:30-12:30	Q&A: Discussion of submitted questions	11:30-12:30	Q&A: Discussion of submitted questions	11:30-12:30	Q&A: Discussion of submitted questions	11:30-12:30	Q&A: Discussion of submitted questions
12:30-13:30	Lunch	12:30-13:30	Lunch	12:30-13:30	Lunch	12:30-13:30	Lunch	12:30-13:30	Lunch
13:30-14:30	Lecture: Principles for Effective Training	13:30-14:30	Lecture: Nutrition for Bodyweight Management	13:30-14:30	Lecture: Injury Prevention and Management	13:30-14:30	Lecture: Beginning Coaching Principles	13:30-14:30	Lecture: Mental Toughness
14:30-16:30	GroupA: Kinematic Testing	14:30-16:30	GroupB: Kinematic Testing	14:30-16:00	Medium Intensity Training	14:30-16:00	Medium Intensity Training	14:30-16:00	High-intensity Hit-Out
15:00-16:00	GroupB: Rapid Fire Training	15:00-16:00	GroupA: Rapid Fire Training						
16:30 – 17:15	Test Battery 2	16:30 – 17:15	Test Battery 2	16:30 – 17:15	Test Battery 2	16:30 – 17:15	Test Battery 2	16:30 – 17:15	Test Battery 2
18:30 – 21:30							Social Evening		