

## OZADI

- RUNNING FRIENDLY HOTEL –

RUNNING TRAINING CAMP - 25 | 26 | 27 SEPTEMBER 2015

### PROGRAM

#### **25th September (Friday)**

3 pm - 8 pm - Check-in and welcome.

6 pm – Running practice and track recognition (optional).

9.30 pm – Training Camp presentation and debate on training and auxiliary areas **[Theoretical]**

#### **26th September (Saturday)**

8 am – A different way to start the day - Posture | Breathing **[Practical]**

9 am - Breakfast

10.45 am - **Warm-Up** (warm up and preparation exercises) **[Practical]**

11 am - Intermittent Training Session **[Practical]**

4 pm – The role of velocity in the running practice **[Theoretical]**

5.15 pm – When running is much more than just running ... **[Practical]**

9.30 pm – Recuperation strategy **[Theoretical]**

#### **27th September (Sunday)**

8 am - A different way to start the day - Posture | Breathing **[Practical]**

9 am - Breakfast

10.30 am – Learn to run, improve your performance, be efficient! **[Practical]**

12.30 am – Final conclusions **[Theoretical]**

1.30 pm - 3:30 pm - Check-out

#### Observations:

1. The first practice day (25th September) is optional and subject to the arrival time at the hotel.
2. Deadline for registration is 22nd September. However, should the maximum number of participants be reached before that date, registration can be closed.
3. Availability and conditions for different accommodation must be subject to hotel confirmation. Please contact +351 281 324 324.
4. Should you wish to prolong your stay at the hotel, before or after the event, special rates will apply.