

**Men's Artistic Gymnastics EDUCATIONAL CAMP for
Junior GYMNASTS AND COACHES
Tirrenia 2019**

Date	Time	Activity
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05.07. friday	All day	Arrival day
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06.07. saturday		07h00	Wake up
		08h00	Breakfast
	meeting	09h00-09h40	Introduction meeting (AULA 1)
	1st session	09h50-10h10	Warm up by RB
		10h10-11h40	Free training adaptation to apparatus
		11h40-11h50	Stretching
		11h50-12h50	Lecture and practical lecture in the Gym (TRAMPOLIN)
		13h00	Lunch
	2nd session	14h45-16h15	Lecture and practical lecture in the Gym (FLOOR EX)
		16h15-16h45	Physical preparation leading by experts
		17h00-19h30	Beach or Free time
		20h00	Dinner
	22h00	LIGHT'S OFF	

07.07. sunday		06h45	Wake up
	1st session	07h00-07h40	Physical preparation & Stretching
			08h00
	2nd session	09h30-09h55	Joint preparation
		09h55-11h25	Free training with Expert
		11h25-11h55	Choreography by RB
		11h55-12h55	Lecture and practical lecture in the Gym (POMMEL HORSE)
		13h00	Lunch
	3rd session	14h45-15h15	Lecture and practical lecture in the Gym (POMMEL HORSE)
		15h15-16h45	Lecture and practical lecture in the Gym (RINGS)
		17h00-19h30	Beach or Free time
		20h00	Dinner
	22h00	LIGHT'S OFF	

08.07. monday		06h45	Wake up
	1st session	07h00-07h40	Physical preparation & Stretching
			08h00
	2nd session	09h30-09h55	Joint preparation
		09h55-11h25	Free training with Expert
		11h25-11h55	Choreography and mobility by RB
		11h55-12h55	Lecture and practical lecture in the Gym (VAULT)
		13h00	Lunch
	3rd Session	14h45-15h15	Lecture and practical lecture in the Gym (VAULT)
		15h15-16h45	Lecture and practical lecture in the Gym (P. BARS)
		17h00-19h30	Beach or Free time
		20h00	Dinner
	22h00	LIGHT'S OFF	

09.07. tuesday		06h45	Wake up
	1st session	07h00-07h40	Physical preparation & Stretching
		08h00	Breakfast
	2nd session	09h30-10h00	Joint preparation
		10h00-12h00	Free training with Expert
		12h00-12h45	Elastics by RB
		13h00	Lunch
	3rd session	14h45-16h15	Lecture and practical lecture in the Gym (HIGH BAR)
		16h15-16h45	Physical preparation leading by experts
		17h00-19h30	Beach or Free time
	20h00	Dinner	
	22h00	LIGHT'S OFF	

10.07. wednesday		07h00	Wake up
		7h30-08h00	Breakfast
		08h30-19h00	Excursion trip FLORENCE and PISA
		20h00	Dinner
		22h00	LIGHT'S OFF

11.07. thursday		06h45	Wake up
	1st session	07h00-07h40	Physical preparation & Stretching
		08h00	Breakfast
	2nd session	09h30-10h15	Joint preparation
		10h15-12h15	Free training with Expert
		12h15-12h50	Choreography with socks by RB
		13h00	Lunch
	3rd session	14h45-16h30	Lecture in the AULA 1 for coaches by UEG MTC –FIG matters
		14h45-16h30	Gymnasts social activity by Experts
		17h00	Beach or Free time
	20h00	Dinner	
	22h00	LIGHT'S OFF	

12.07. friday		07h00	Wake up
		08h00	Breakfast
	1st session	09h00-09h30	Warm up by & artistic jumps by RB
		09h30-10h00	Joint preparation
		10h00-12h20	Free training with Expert
		12h20-12h30	Stretching by RB
		12h45	Lunch
	2nd session	14h45-15h00	Warm up simple pliometry by RB
		15h00-16h10	Free training with Expert with special preparation and assit.
		16h10-16h30	Individual physical preparation by coaches
16h30-16h45		Stretching by RB	
	17h00-19h30	Beach or Free time	
	20h00	Dinner	
	22h00	LIGHT'S OFF	

13.07. saturday		06h45	Wake up
	1st session	07h00-07h40	Physical preparation & Stretching by RB
		08h00	Breakfast
	2nd session	09h30-10h00	Joint preparation
		10h00-12h20	Free training with Expert
		12h20-12h30	Stretching
		12h45	Lunch
	3rd session	14h45-15h00	Warm up
		15h00-16h10	Free training with Expert or special preparation or assit.
		16h10-16h45	Stretching with sliders RB
	17h00-19h30	Beach or Free time	
	20h00	Dinner	
	22h00	LIGHT'S OFF	

14.07. sunday		06h45	Wake up
	1st session	07h00-07h40	Physical preparation & Stretching by RB
		08h00	Breakfast
	2nd session	09h30-10h00	Warm up on bar by RB
		10h00-12h20	Free training with Expert
		12h20-12h30	Stretching by RB
		12h45	Lunch
	3rd session	14h45-15h45	Meeting with coaches in the AULA 1
		15h45-16h15	Meeting with experts in the AULA 1
		14h45-15h45	Gymnasts social activity by Claudio
		16h15-18h30	Beach or Free time
		19h15-20h45	Banquet for gymnasts
	20h15-21h45	Banquet for Expert and Coaches	

15.07. monday	All day	Departure day
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