

**Men's Artistic Gymnastics EDUCATIONAL CAMP for
Junior GYMNASTS AND COACHES
Thessaloniki
2021**

Date	Time	Activity	
20.08. friday	All day	Arrival day	
21.08. saturday	07h00	Wake up	
	08h00	Breakfast	
	meeting 09h00-09h40	Introduction meeting (meeting room TBD)	
	1st session	09h50-10h10	Warm up by RB
		10h10-11h40	Free training adaptation to apparatus (3 app.)
		11h40-11h50	Stretching
		11h50-12h50	Lecture and practical lecture in the Gym (TRAMPOLIN)
	13h00	Lunch	
	2nd session	16h00-16h10	Warm up by RB
		16h10-17h40	Free training adaptation to apparatus (3 app.)
		17h40-19h10	Lecture and practical lecture in the Gym (FLOOR EX)
19h00-22h00	Free time		
20h00	Dinner		
22h00	LIGHT'S OFF		
22.08. sunday	06h45	Wake up	
	1st session	07h00-07h40	Physical preparation & Stretching
		08h00	Breakfast
	2nd session	09h30-09h55	Joint preparation
		09h55-11h25	Free training with Experts (3 app.)
		11h25-11h55	Choreography by RB
		11h55-13h25	Lecture and practical lecture in the Gym (POMMEL HORSE)
	13h30	Lunch	
	16h30-19h30	Beach or Free time (BUS to 16h00/ from 19h30)	
	20h00	Dinner	
22h00	LIGHT'S OFF		
23.08. monday	07h00	Wake up	
	08h00	Breakfast	
	1st session	09h00-09h30	Joint preparation
		09h30-11h00	Free training with Experts (3 app.)
		11h00-11h20	Stretching and artistic jumps by RB
		11h20-12h50	Lecture and practical lecture in the Gym (RINGS)
	13h00	Lunch	
	2nd session	16h00-16h10	Warm up by RB
		16h10-17h40	Free training with Experts (3 app.)
		17h40-19h10	Lecture and practical lecture in the Gym (VAULT)
19h00-22h00	Free time		
20h00	Dinner		
22h00	LIGHT'S OFF		
24.08. tuesday	06h45	Wake up	
	1st session	07h00-07h40	Physical preparation & Stretching
		08h00	Breakfast
	2nd session	09h30-09h55	Joint preparation
		09h55-11h25	Free training with Experts (3 app.)
		11h25-11h55	Choreography and mobility by RB
		11h55-13h25	Lecture and practical lecture in the Gym (P. BARS)
	13h30	Lunch	
	16h30-19h30	Beach or Free time (BUS to 16h00/ from 19h30)	
	20h00	Dinner	
22h00	LIGHT'S OFF		

25.08. wednesday	08h00	Wake up
	08h30	Breakfast
	09h00-12h00	Excursion trip (City tour TBD)
	13h00	Lunch
	16h30-19h30	Beach or Free time (BUS to 16h00/ from 19h30)
	20h00	Dinner
	22h00	LIGHT'S OFF

26.08. thursday	07h00	Wake up	
	08h00	Breakfast	
	1st session	09h00-09h30	Joint preparation
		09h30-11h00	Free training with Experts (3 app.)
		11h00-11h20	Stretching
		11h20-12h50	Lecture and practical lecture in the Gym (HIGH BAR)
	13h00	Lunch	
	2nd session	16h00-16h10	Warm up by RB
		16h10-17h40	Free training with Experts (3 app.)
		17h40-18h10	Physical preparation leading by experts
		18h10-18h30	Choreography with socks by RB
	meeting	18h00-19h30	Lecture in the meeting room for coaches (CoP 2022-2024)
	18h30-22h00	Free time for gymnasts	
20h00	Dinner		
22h00	LIGHT'S OFF		

27.08. friday	1st session	06h45	Wake up
		07h00-07h40	Physical preparation & Stretching
	08h00	Breakfast	
	2nd session	09h30-09h55	Joint preparation
		09h55-11h55	Free training with Experts (4 app.)
		11h55-12h25	Physical preparation leading by experts
		12h25-12h55	Choreography and mobility by RB
	13h30	Lunch	
	16h30-19h30	Beach or Free time (BUS to 16h00/ from 19h30)	
20h00	Dinner		
22h00	LIGHT'S OFF		

28.08. saturday	07h00	Wake up	
	08h00	Breakfast	
	1st session	09h00-09h30	Joint preparation
		09h30-11h00	Free training with Experts (3 app.)
		11h00-11h30	Physical preparation leading by experts
		11h30-12h00	Stretching with sliders RB
	13h00	Lunch	
	2nd session	16h00-16h30	Warm up simple pliometry by RB
		16h30-18h00	Free training with Experts (3 app.)
		18h00-18h30	Individual physical preparation by coaches
18h30-18h45		Stretching	
19h00-22h00	Free time		
20h00	Dinner		
22h00	LIGHT'S OFF		

29.08. sunday	07h00	Wake up	
	08h00	Breakfast	
	1st session	09h00-09h30	Joint preparation
		09h30-11h30	Free training with Experts (4 app.)
		11h30-12h00	Elastics by RB
		12h00-12h50	Social activities
		12h00-12h30	Meeting with coaches
	12h30-13h00	Meeting with experts	
	13h00	Lunch	
	15h00-18h00	Social activities on the beach (BUS to 14h30/ from 18h00)	
	19h00	Dinner (Banquet for gymnasts)	
20h00	Dinner (Banquet for coaches and experts)		
22h00	LIGHT'S OFF		

30.08. monday	All day	Departure day
------------------	---------	---------------