

Training camp for Færøerne, Grönland og Island

Oct. 2010

	11. oktober - mandag		Hall	
2,5	9:30 - 12:00	Training	1	
1,5	14:30 - 16:00	Training	1	
	16:00 - 16:20	Fruit		
1,5	16:20 - 18:00	Training		Strength training
1	21:30 - 22:30	Training/open hall	1	Iceland has arrived
	22:30 - 23:00	Meeting with coaches		
	12. oktober - tirsdag			
	07:45	Breakfast		
	8:45 - 9:15	Meeting with coaches		
3	9:00 - 12:00	Training (assistant coach start)	2	9-10 only one hall - yoyo test
	12:15 - 13:45	Lunch		
1,5	13:45 - 15:15	Training	2	servicetest
	15:15 - 15:30	Fruit - small meal		
1,5	15:30-17:00	Training	2	
	18:30 - 20:00	Theory/practice Coaches	1	players rest

20:00 Swimming

13. oktober - onsdag

	07:30	Breakfast		
3	8:45 - 11:45	Training	2	eventually one hour meeting with coaches
	12:00 - 13:30	Lunch		
1,5	13:30 - 15:00	Training	2	
	15:00 - 15:15	Fruit - small meal		
1,75	15:15-17:00	Training	2	
	18:30 - 20:00	Theory/practice Coaches	1	One hour hall - 30 min planning
1,5	20:00 - 21:30	Training players/coaches plan practice	1	Coaches plan training for Thursday
		(assistant coach)		

14. oktober - torsdag

	07:30	Breakfast		
3	8:45 - 11:45	Training	2	8:45 - 10:00 coaches do practice
	12:00 - 13:30	Lunch		
1,5	13:30 - 15:30	Training	2	
	15:30 - 15:45	Fruit - small meal		
2	15:45 - 17:45	Training	2/1	
	17:45 - 18:15	Evaluation Coaches practice		

19:00 Dinner and bowling

15. oktober - fredag

	07:30	Breakfast		
3	8:45 - 11:45	Training	2	
	12:00	Lunch and travel to Torshavn		
2	15:00 - 17:00	Training	1	eventually start 15:30
	17:00 - 18:30	Dinner		
	18:30 - 20:00	Preparing for tournament	2	
	20:30 - 22:00	Coaches tournament		

16. oktober - lørdag

10:00 - 18:00 Tournament

19:00 - 21:00 Dinner

17. oktober - søndag

10:00 Tournament