

Athlete training camp

Date: July 23, 2026

Timeline

07:00 – 08:00 Welcome Breakfast & Orientation

Athletes gather for a nutrient-dense breakfast and receive their training schedules and camp apparel. Coaches present the overall objectives and expectations for the camp.

Location: Main Dining Hall

08:30 – 10:30 High-Intensity Conditioning & Speed Work

Athletes complete dynamic warm-ups followed by sprint mechanics, agility drills, and threshold interval training. Coaching staff conduct baseline performance tracking.

Location: Outdoor Track Complex

10:45 – 11:30 Hydration & Active Recovery Break

Athletes rehydrate with electrolyte solutions and perform guided light stretching and foam rolling. Staff monitor recovery metrics and heart rates.

Location: Athlete Lounge

11:30 – 13:00 Sports Nutrition & Fueling Workshop

A certified sports dietitian leads an interactive session on macronutrient timing, meal prepping, and hydration strategies for peak athletic performance.

Location: Auditorium B

13:00 – 14:15 Performance Lunch & Rest Period

Athletes enjoy a balanced buffet prepared specifically for high-energy replenishment. Time is provided for quiet rest and digestion before afternoon drills.

Location: Main Dining Hall

14:30 – 16:30 Tactical Skills & Team Drills

Focus shifts to position-specific technical refinement and strategic play execution. Video analysis staff capture footage for evening review.

Location: Indoor Gymnasium

16:45 – 18:00 Hydrotherapy & Muscle Recovery Session

Athletes participate in contrast water therapy and cold plunge sessions to reduce inflammation and accelerate muscle repair after heavy training.

Location: Aquatic Center

18:30 – 20:00 Team Dinner & Video Review

A high-protein dinner is served while coaches review footage from the afternoon session. Key achievements are highlighted and tactical adjustments are discussed.

Location: Main Dining Hall

07:30 – 08:30 Morning Mobility & Yoga

A gentle yoga and joint mobility session designed to awaken the body and address post-training tightness. Focus is placed on flexibility and breathing techniques.

Location: Studio 1

08:30 – 09:30 Fueling Breakfast

Athletes refuel with complex carbohydrates, healthy fats, and lean proteins to prepare for the final day of intensive training.

Location: Main Dining Hall

10:00 – 12:00 Mental Toughness & Mindset Workshop

A sports psychologist conducts a seminar on visualization, stress management under pressure, and developing a winning mindset during competition.

Location: Conference Room A

12:15 – 13:30 Lunch & Strategy Briefing

Athletes eat lunch while head coaches outline the afternoon scrimmage matchups and individual performance goals.

Location: Main Dining Hall

14:00 – 16:00 Full-Game Scrimmage & Evaluation

Athletes compete in full-intensity scrimmages to apply concepts learned throughout the camp. Evaluation staff record final athletic metrics.

Location: Main Stadium Field

16:30 – 17:30 Closing Ceremony & Award Presentation

Coaches wrap up the camp with closing remarks, presenting standout athletes with performance awards and distributing individual feedback packets.

Location: Main Stadium Field