Time	Tues 1st	Wed 2nd	Thurs 3rd	Fri 4th	Sat 5th	Sun 6th	Mon 7th	Tues 8th	Wed 9th	Thurs 10th	Fri 11th	Sat 12th	Sun 13th
06:00:00				Rest Day			Rest Day				Holiday	Holiday	Pack, clean and tidy flats for handover - Departure day
07:00:00													
08:00:00		Introduction and fitness	Mixture of fitness		Endurance fitness	High Intensity		Endurance fitness	High Intensity	Mini Competition			
09:00:00													
10:00:00													
11:00:00													
12:00:00		Break			Break			Break					
13:00:00		Lunch			Lunch			Lunch					
14:00:00													
15:00:00	Transfer by coach in afternoon. Intro brief. Book resturant for about 8pm.	Siesta			Siesta			Siesta					
16:00:00		Skills	Skills		Skills	Skills		Skills	Skills	End of training social			
17:00:00													
18:00:00		Team building	Sport		Team building	Sport		Team building	Sport				
19:00:00													
20:00:00													
21:00:00													
22:00:00													