

タイムスケジュール

DAY	2010/12/10	2010/12/11		2010/12/12	
Time	FRIDAY	SATURDAY		SUNDAY	
	PH	youth	national	youth	national
6:00	Arrival	set	set	getting up	getting up
7:00				Breakfast	Breakfast
8:00					
9:00		BMX(1) tests	set	Plyometrics (1)tests	
10:00					
11:00		Camp introduction	Camp introduction	lunch	
12:00					
13:00		lunch	lunch		
14:00		BMX(2) tests	BMX(1) tests	BMX(2)	
15:00					
16:00		koshimizu Lecture (Nourishment)		Kobayashi Lecture	
17:00				youth Departure	
18:00					
19:00		youth mtg			
20:00					
21:00					
stay	tokyo	csc			csc

	2010/12/10	2010/12/11	2010/12/12
	FRIDAY	SATURDAY	SUNDAY
	Camp introduction	Plyometrics (1)tests	sprints(1)tests
	BMX(1) tests	BMX(2)	RECOVERY 45mn
	RELAX	RELAX	RELAX

2010/12/13	2010/12/14	2010/12/15	2010/12/16	2010/12/17	2010/12/18
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
national	national	national	national	national	national
getting up	getting up	getting up	getting up	getting up	getting up
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Elgomater(1)test	sprints(1)tests	GYM(1)tests	RECOVERY 45mn	GYM(2)tests	RECOVERY 45mn
					Camp introduction
lunch	lunch	lunch	lunch	lunch	lunch
RECOVERY 45mn	RECOVERY 45mn	BMX(3)	VIDEO ANALYSIS	BMX(4)	to tokyo
					mtg
					解散
csc	csc	csc	csc	csc	tokyo

2010/12/13	2010/12/14	2010/12/15	2010/12/16	2010/12/17	2010/12/18
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Elgomater(1)test	GYM(1)tests	RECOVERY 45mn	sprints(2)tests	GYM(2)tests	RECOVERY 45mn
Elgomater(1)test	BMX(3)	VIDEO	BMX(4)	BMX(5)	RELAX
RELAX	RELAX	RELAX	RELAX	RELAX	RELAX

2010/12/19	2010/12/20
SUNDAY	MONDAY
PH	PH
Breakfast	
Camp introduction	MEETING
lunch	lunch
Camp introduction	TOKYO
Camp introduction	
	Departure
tokyo	

2010/12/19	2010/12/20
SUNDAY	MONDAY
RELAX	MEETING
RELAX	TOKYO
RELAX	TOKYO