

WEEK 1							DEC 24 – DEC 29, 2026						
Time	Thu 24 Dec	Fri 25 Dec	Sat 26 Dec	Sun 27 Dec	Mon 28 Dec	Tue 29 Dec							
07:00-08:00			CARDIO / AEROBIC & ANAEROBIC TRAINING		CARDIO / AEROBIC & ANAEROBIC TRAINING								
08:00-09:00	BREAKFAST		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST						
09:00-09:30		PERFORMANCE PREPARATION 09:00	PERFORMANCE PREPARATION 09:00	PERFORMANCE PREPARATION 09:00	PERFORMANCE PREPARATION 09:00	PERFORMANCE PREPARATION 09:00	PERFORMANCE PREPARATION 09:00						
09:30-11:00		SQUASH COURT SESSION 09:30 -11.00	SQUASH COURT SESSION 09:30 -11.00	SQUASH COURT SESSION 09:30 -11.00	SQUASH COURT SESSION 09:30 -11.00	SQUASH COURT SESSION 09:30 -11.00	SQUASH COURT SESSION 09:30 -11.00						
11:00-11:30		RECOVERY 11:00-11:30	RECOVERY 11:00-11:30	RECOVERY 11:00-11:30	RECOVERY 11:00-11:30	RECOVERY 11:00-11:30	RECOVERY 11:00-11:30						
11:30-13:00	LUNCH		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH						
13:00-13:30	CAMP OPEN FOR ARRIVALS CHECK-IN 13:00-14:00	PERFORMANCE PREPARATION 13:00	PERFORMANCE PREPARATION 13:00	PERFORMANCE PREPARATION 13:00	PERFORMANCE PREPARATION 13:00	PERFORMANCE PREPARATION 13:00	PERFORMANCE PREPARATION 13:00						
13:30-14:00		SQUASH COURT SESSION	SQUASH COURT SESSION	SQUASH COURT SESSION	SQUASH COURT SESSION	SQUASH COURT SESSION	SQUASH COURT SESSION						
14:00-15:00	WELCOME CEREMONY (SNACKS & ACTIVITIES) 14:00-15:00	SQUASH COURT SESSION 13:30-15.00	SQUASH COURT SESSION 13:30-15.00	SQUASH COURT SESSION 13:30-15.00	SQUASH COURT SESSION 13:30-15.00	SQUASH COURT SESSION 13:30-15.00	SQUASH COURT SESSION 13:30-15.00						
15:30-16:00	PERFORMANCE PREPARATION 15:30	ATHLETIC CONDITIONING 15:00-15:45 (45MIN)	ATHLETIC CONDITIONING 15:00-15:45 (45MIN)	ATHLETIC CONDITIONING 15:00-15:45 (45MIN)	ATHLETIC CONDITIONING 15:00-15:45 (45MIN)	ATHLETIC CONDITIONING 15:00-15:45 (45MIN)	ATHLETIC CONDITIONING 15:00-15:45 (45MIN)						
16:00-16:30	SQUASH COURT SESSION 16:00-17.30	STRETCHING / COOLDOWN FREE TIME 16:30-18:00	STRETCHING / COOLDOWN FREE TIME 16:30-18:00	STRETCHING / COOLDOWN FREE TIME 16:30-18:00	STRETCHING / COOLDOWN FREE TIME 16:30-18:00	STRETCHING / COOLDOWN FREE TIME 16:30-18:00	BEACH GAMES & BBQ NIGHT 16:30 - 19:00						
17:30-18:00	STRETCHING / COOLDOWN RESET & REFRESH												
18:00-19:00	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER							

WEEK 2							DEC 30, 2026 – JAN 4, 2027						
Time	Wed 30 Dec	Thu 31 Dec	Fri 1 Jan	Sat 2 Jan	Sun 3 Jan	Mon 4 Jan							
07:00-08:00			CARDIO / AEROBIC & ANAEROBIC TRAINING		CARDIO / AEROBIC & ANAEROBIC TRAINING								
08:00-09:00	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST						
09:00-09:30	PERFORMANCE PREPARATION 09:00	PERFORMANCE PREPARATION 09:00	PERFORMANCE PREPARATION 09:00	PERFORMANCE PREPARATION 09:00	PERFORMANCE PREPARATION 09:00	PERFORMANCE PREPARATION 09:00	PERFORMANCE PREPARATION 09:00						
09:30-11:00	SQUASH COURT SESSION 09:30 -11.00	SQUASH COURT SESSION 09:30 -11.00	SQUASH COURT SESSION 09:30 -11.00	SQUASH COURT SESSION 09:30 -11.00	SQUASH COURT SESSION 09:30 -11.00	SQUASH COURT SESSION 09:30 -11.00	SQUASH COURT SESSION 09:30 -11.00						
11:00-11:30	RECOVERY 11:00-11:30	RECOVERY 11:00-11:30	RECOVERY 11:00-11:30	RECOVERY 11:00-11:30	RECOVERY 11:00-11:30	RECOVERY 11:00-11:30	RECOVERY 11:00-11:30						
11:30-13:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH						
13:00-13:30	PERFORMANCE PREPARATION 13:00	PERFORMANCE PREPARATION 13:00	PERFORMANCE PREPARATION 13:00	PERFORMANCE PREPARATION 13:00	PERFORMANCE PREPARATION 13:00	PERFORMANCE PREPARATION 13:00	PERFORMANCE PREPARATION 13:00						
13:30-14:00	SQUASH COURT SESSION 13:30-15.00	SQUASH COURT SESSION 13:30-15.00	SQUASH COURT SESSION 13:30-15.00	SQUASH COURT SESSION 13:30-15.00	SQUASH COURT SESSION 13:30-15.00	SQUASH COURT SESSION 13:30-15.00	SQUASH COURT SESSION 13:30-15.00						
14:00-15:00													
15:30-16:00		ATHLETIC CONDITIONING 15:00-15:45 (45MIN)	ATHLETIC CONDITIONING 15:00-15:45 (45MIN)	ATHLETIC CONDITIONING 15:00-15:45 (45MIN)	ATHLETIC CONDITIONING 15:00-15:45 (45MIN)	ATHLETIC CONDITIONING 15:00-15:45 (45MIN)	ATHLETIC CONDITIONING 15:00-15:45 (45MIN)						
16:00-16:30		STRETCHING / COOLDOWN FREE TIME 16:30-18:00	STRETCHING / COOLDOWN FREE TIME 16:30-18:00	STRETCHING / COOLDOWN FREE TIME 16:30-18:00	STRETCHING / COOLDOWN FREE TIME 16:30-18:00	STRETCHING / COOLDOWN FREE TIME 16:30-18:00	BEACH GAMES & BBQ NIGHT 16:30 - 19:00						
17:30-18:00	STRETCHING/ COOLDOWN												
18:00-19:00	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER							

WEEK 3							JAN 5 – JAN 10, 2027						
Time	Tue 5 Jan	Wed 6 Jan	Thu 7 Jan	Fri 8 Jan	Sat 9 Jan	Sun 10 Jan							
07:00-08:00			CARDIO / AEROBIC & ANAEROBIC TRAINING		CARDIO / AEROBIC & ANAEROBIC TRAINING								
08:00-09:00	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST						
09:00-09:30	PERFORMANCE PREPARATION 09:00	PERFORMANCE PREPARATION 09:00	PERFORMANCE PREPARATION 09:00	PERFORMANCE PREPARATION 09:00	PERFORMANCE PREPARATION 09:00	PERFORMANCE PREPARATION 09:00	PERFORMANCE PREPARATION 09:00						
09:30-11:00	SQUASH COURT SESSION 09:30 -11.00	SQUASH COURT SESSION 09:30 -11.00	SQUASH COURT SESSION 09:30 -11.00	SQUASH COURT SESSION 09:30 -11.00	SQUASH COURT SESSION 09:30 -11.00	SQUASH COURT SESSION 09:30 -11.00	SQUASH COURT SESSION 09:30 -11.00						
11:00-11:30	RECOVERY 11:00-11:30	RECOVERY 11:00-11:30	RECOVERY 11:00-11:30	RECOVERY 11:00-11:30	RECOVERY 11:00-11:30	RECOVERY 11:00-11:30	RECOVERY 11:00-11:30						
11:30-13:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH						
13:00-13:30	PERFORMANCE PREPARATION 13:00	PERFORMANCE PREPARATION 13:00	PERFORMANCE PREPARATION 13:00	PERFORMANCE PREPARATION 13:00	PERFORMANCE PREPARATION 13:00	PERFORMANCE PREPARATION 13:00	PERFORMANCE PREPARATION 13:00						
13:30-14:00	SQUASH COURT SESSION 13:30-15.00	SQUASH COURT SESSION 13:30-15.00	SQUASH COURT SESSION 13:30-15.00	SQUASH COURT SESSION 13:30-15.00	SQUASH COURT SESSION 13:30-15.00	SQUASH COURT SESSION 13:30-15.00	SQUASH COURT SESSION 13:30-15.00						
14:00-15:00													
15:30-16:00		ATHLETIC CONDITIONING 15:00-15:45 (45MIN)	ATHLETIC CONDITIONING 15:00-15:45 (45MIN)	ATHLETIC CONDITIONING 15:00-15:45 (45MIN)	ATHLETIC CONDITIONING 15:00-15:45 (45MIN)	ATHLETIC CONDITIONING 15:00-15:45 (45MIN)	ATHLETIC CONDITIONING 15:00-15:45 (45MIN)						
16:00-16:30		STRETCHING / COOLDOWN FREE TIME 16:30-18:00	STRETCHING / COOLDOWN FREE TIME 16:30-18:00	STRETCHING / COOLDOWN FREE TIME 16:30-18:00	STRETCHING / COOLDOWN FREE TIME 16:30-18:00	STRETCHING / COOLDOWN FREE TIME 16:30-18:00	BEACH GAMES & BBQ NIGHT 16:30 - 19:00						
17:30-18:00	STRETCHING/ COOLDOWN												
18:00-19:00	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER							