

11th March 2023		12th March 2023		13th March 2023		14th March 2023		15th March 2023	
Time	Sat	Time	Sun	Time	Mon	Time	Tue	Time	Wed
06:00		06:00		06:00		06:00		06:00	
06:30		06:30		06:30		06:30		06:30	
07:00		07:00	Breakfast	07:00	Breakfast	07:00	Breakfast	07:00	Breakfast
07:30		07:30		07:30		07:30		07:30	
08:00		08:00		08:00		08:00		08:00	
08:30		08:30		08:30		08:30		08:30	
09:00		09:00	Warm up	09:00	Warm up	09:00	9.00pm Gym	09:00	Warm up for Game 4
09:30		09:30	1600m testing	09:30	9.30am Intermittent Yo Yo Test Level 1 followed by 5m,10m, 40m sprint test	09:30		09:30	9.45am Game 4
10:00		10:00		10:00		10:00		10:00	
10:30		10:30		10:30		10:30		10:30	
11:00		11:00		11:00		11:00	11:00		
11:30		11:30		11:30	Lunch	11:30	Lunch	11:30	
12:00		12:00	Lunch	12:00		12:00		12:00	Warm down
12:30		12:30		12:30		12:30		12:30	
13:00		13:00		13:00	Warm up for Game 2	13:00	Warm up for Game 3	13:00	The end of the camp
13:30		14:00		13:30	1.30pm Game 2	13:30	1.30pm Game 3	13:30	
14:00		15:00		14:00		14:00		14:00	
14:30		16:00	Warm up for Game 1	14:30		14:30		14:30	
15:00		16:30		15:00		15:00		15:00	
15:30		17:00	5.00 pm Game 1	15:30		15:30		15:30	
16:00		17:30		16:00	Warm down	16:00	Warm down	16:00	
16:30		18:00		16:30		16:30		16:30	
17:00		18:30		17:00		17:00		17:00	
17:30		19:00		17:30		17:30		17:30	
18:00		19:30	Warm down	18:00		18:00		18:00	
18:30		20:00	Dinner	18:30	Dinner	18:30	Dinner	18:30	Dinner
19:00	Squad arrives at Hotel - Camp Brief	21:00		19:00	Meeting Game 2	19:00	Meeting Game 3	19:00	Camp ends 1.00pm
19:30		21:30		19:30		19:30		19:30	
Notes	Team arrives in Gifu	Notes	1600m Testing and Game 1 at the turf	Notes	Sprint and Yo Yo Testing - Game 2 at the turf	Notes	Gym - Game 3 at the turf	Notes	