

| National training camp                  |               | Coaches  | Athletes   | Other:  |  |  |  |
|---|---------------|--|--|---|--|--|--|
| Pajulahti 23.8 - 29.8 (U18 26.8 - 29.8) |               | Rok Draksic, Markus Pekkola<br>Eetu Laamanen + Sami Salonen<br>Katri Kakko + Sanna Pyykönen  | Sen+Jun 23.8 - 29.8<br>Cad 26.8 - 29.8   | Samurai-Cuo Orimattila on Saturday. Going by bus, lunch bags to go from breakfast.  |  |  |  |
| Tehorytmytys/ Aika                      | Mon 23.8      | Tue 24.8   | Wed 25.8   | Thu 26.8  | Fri 27.8   | Sat 28.8   | Sun 29.8   |
|   |               | 6:30 RUNNING (sen+u21)<br>7:30 BREAKFAST<br>9:30-11:30 JUDO RANDORI<br>Sen+U21 / Nikula<br>11:30 LUNCH<br>16:30 DINNER<br>17:00-18:30 JUDO<br>Sen+U21 / Nikula | 6:30 CORE / Nikula (sen+u21)<br>7:30 BREAKFAST<br>9:30-11:30 JUDO RANDORI<br>Sen+U21 / Nikula<br>11:30 LUNCH<br>16:00-18:00 JUDO RANDORI<br>Sen+U21 / Nikula<br>18:00-19:00 DINNER | 6:30 GYMNASTICKS / Nikula (sen+u21)<br>7:30 BREAKFAST<br>9:30-11:30 JUDO RANDORI<br>Sen+U21 / Nikula<br>11:30-13:30 LUNCH<br>14:00-15:30 JUDO U18<br>U18 / Nikula<br>16:00-18:00 JUDO<br>Sen+U21 / Nikula<br>16:30-19:00 DINNER<br>18:30-20:00 JUDO U18<br>U18 / Nikula | 6:30 ELASTIC BANDS / Nikula (sen+u21)<br>6:30 OUTSIDE (Cadets)<br>9:30-11:30 JUDO RANDORI<br>Sen+U21 / Nikula<br>9:30-10:30 LECTURE U18<br>Auditorio<br>11:00-12:45 JUDO U18<br>U18 / Nikula<br>11:30-13:30 LUNCH<br>15:00-16:30 ULKOILU U18<br>16:00-19:00 Weigh-in/ Punnitus<br>16:00-18:00 JUDO RANDORI<br>Sen+U21 / Nikula<br>16:30-19:00 DINNER<br>18:30-20:00 JUDO U18<br>U18 / Nikula | 7:00 BREAKFAST<br>Lunch bags to go from Breakfast<br>7:30 BUSSI U18<br>11:00 BUSSI U21/Seniors<br>Samurai-Cup, Orimattila<br>10:30 U18<br>13:00 U21/ Sen<br>19:00-20:30 DINNER | 6:30 SPEED / Nikula (sen+u21)<br>7:00-8:00 JUDO U18 / Nikula (U18)<br>7:30 BREAKFAST<br>9:30-11:00 JUDO RANDORI<br>Sen+U21 / Nikula<br>11:00-12:30 JUDO U18<br>U18 / Nikula<br>11:30 LUNCH |
| Paiulahden ruokailut:                   |               |  |  |   |  |  |  |
| Aamupala                                | 07.15 - 9.30  |  |  |   |  |  |  |
| Lounas                                  | 11.00 - 13.30 |  |  |   |  |  |  |
| Päivällinen                             | 16.30 - 19.00 | 20:30-21:00 SUPPER   | 20:30-21:00 SUPPER   | 20:30-21:00 SUPPER  | 20:00-21:00 SUPPER   | 20:00-21:00 SUPPER   | 20:00-21:00 SUPPER   |
| Illtapala                               | 20:00         |  |  |   |  |  |  |

