



## SASI /RSA PERFORMANCE CAMP #1

### Monday 6<sup>th</sup> July

7am-12pm

7am	briefing
8am	4.8km Time trial
9-1030am	individual video
11am-12pm	8km technique session

### Wednesday 8<sup>th</sup> July

7am-12pm

7am	briefing
8am	2km
9-10am	video
1030am-12pm	12km big boat session

### Thursday 9<sup>th</sup> July

7am-12pm

7am	briefing
8am	500m
930-1130am	athlete workshop
	- <i>Training smart</i>
	- <i>Importance of recovery</i>