

**TRAINING CAMP PROGRAM (16.02-03.03.2019)**

DATEs		Morning Session				Afternoon Session			Evening Session	
16.02.	SATURDAY	SHUTTLE FROM HOTEL	ARRIVAL	LENGHT OF COURSE	HOTEL TO ARENA	SHUTTLE FROM HOTEL	ARRIVAL	LENGHT OF COURSE	HOTEL TO ARENA	HOTEL TO ARENA
17.02.	SUNDAY	08:30	OYMAPINAR SOUTH +SI	60 min	25 KM	13:45	ILICA SPRINT	20 min		15 KM
18.02.	MONDAY	08:45	SIDE SPRINT +SI	20 min	12 KM	13:45	OYMAPINAR NORTH (LINE-O)	60 min		27 KM
19.02.	TUESDAY	08:30	AQUADUCT +SI	50min	30KM	NO SHUTTLE FOLLOW TAPES-100 METER	SPRINT-FOREST	4 x 6min	(ALTERNATIVE, NIGHT-O)	TİTREYENGÖL-NEXT TO HOTEL
20.02.	WEDNESDAY	08:30	SELEUKEIA CONTROL PICKING	60min	25KM	NO SHUTTLE FOLLOW TAPES-1 KM	SORGUN- ONE MAN RELAY +SI	45 min	(ALTERNATIVE, NIGHT-O MASS START)	5KM
21.02.	CHECKOUT FROM SIDE TO ANTALYA HOTEL	07:45 LUNCH AT HOTEL (12:30-14:30)	SELGE CONTROL PICKING	60min	90KM	15:00	KUMKÖY-DIRECTION TRAINING	50min	(ALTERNATIVE, RAFTING)	15KM
22.02.	FRIDAY	08:15	WRE-LONG EKSİLİ	75-90min	42KM	-	COMPETITION			-
23.02.	SATURDAY	FOLLOW THE TAPES-2KM	WRE-MIDDLE-LARA	35-40min	1 KM	-	COMPETITION			-
24.02.	SUNDAY	08:15	WRE-LONG-GEBİZ	70-85min	44KM	-	COMPETITION			
25.02.	MONDAY	08:30	TÖNGÜÇLÜ CONTROL PICKING	60 min	35 KM	14:00	KURŞUNLU NORTH (MEMORY-O)	60 min		15 KM
26.02.	TUESDAY	08:30	ÇAKIRLAR GEO (FIRST CONTROL)	70 min	30 KM	14:30	EXPO SPRINT-COMPETITION +SI	15 min		20 KM
27.02.	WEDNESDAY	08:30	DÜZLERÇAMI WEST (COMPASS-O)	60 min	35 KM	13:45	ÇAKIRLAR ESA (CORRIDOR-O)	60 min		30 KM
28.02.	THURSDAY	08:30	VARSAK (BLACK-O)	50 min	30 KM	14:00	DÜZLERÇAMI EAST-(MASS START) +SI	45 min		35 KM
01.03.	FRIDAY	08:30	DUACI (CONTOUR,LINE-O CORRIDOR)	60 min	30 KM	14:00	UNIVERSITY-SPRINT +SI	15 min	ALTERNATIVE, LARA-(NIGHT-O)	25 KM
02.03.	SATURDAY	08:30	KALEİÇİ-SPRINT COMPETITION +SI	15 min	20 KM	14:00	GLASS PYRAMID-SPRINT COMPETITIONS +SI	15 min		25 KM
03.03.	SUNDAY		Departure							