

Hell Week - Week One

	Oct 4	Oct 5	Oct 6	Oct 7	Oct 8	Oct 9	Oct 10	Oct 11			
6:00		Dryland (Pool)	Dryland (Pool)		Dryland (Pool)	Dryland (Pool)	Dryland (Pool)				
6:30		Swim (Pool)	Swim (Pool)		Swim (Pool)	Swim (Pool)	Swim (Pool)				
7:00											
7:30				Leave for NaiYang Beach (Foyer)							
8:00				Visualisation (PHIL)							
8:30				Open Water Swim							
9:00											
9:30		Goal Setting (Foyer)					Camp Wrap-up (Foyer)				
10:00											
10:30											
11:00		Stretching (optional)		Return to Thanyapura		Stretching (optional)					
11:30											
12:00											
12:30											
13:00											
13:30											
14:00	Group welcome										
14:30			Developing An Effective Catch And Pull Talk (Foyer)								
15:00			Dryland (Pool)		Dryland (Pool)	Dryland (Pool)	Swim (Pool)				
15:30	Light swim and underwater filming	Phil/Mitch Talk (Foyer)	Swim (Pool)		Swim (Pool)	Swim (Pool)					
16:00											
16:30		Dryland (Pool)									
17:00		Swim (Pool)				Meditation (Hotel pool)	Leave for NaiYang Beach (Foyer)				
17:30	Technique Talk (Foyer)		Spin class w/ Mitch (optional)		Spin class w/ Mitch (optional)	Spin class w/ Mitch (optional)	Dinner at Naiyang beach				
18:00	Analysis Group 1 (Foyer)										
18:30											
19:00											
19:30											
20:00	Analysis Group 2 (Foyer)		Andre Talk #1 (Foyer)		Andre Talk #2 (Foyer)						
20:30			(optional)		(optional)						
21:00							Return to Thanyapura				

Hell Week - Week Two

	Oct 13	Oct 14	Oct 15	Oct 16	Oct 17	Oct 18	Oct 19	Oct 20			
6:00		Dryland (Pool)	Dryland (Pool)	Dryland (Pool)		Dryland (Pool)	Dryland (Pool)				
6:30		Swim (Pool)	Swim (Pool)	Swim (Pool)		Swim (Pool)	Swim (Pool)				
7:00											
7:30					Leave for NaiYang Beach (Foyer)						
8:00					Visualisation (PHIL)						
8:30					Open Water Swim						
9:00											
9:30		Goal Setting (Foyer)	Abs and stretching (optional)				Camp Wrap-up (Foyer)				
10:00											
10:30											
11:00				Stretching (optional)	Return to Thanyapura	Stretching (optional)					
11:30											
12:00											
12:30											
13:00											
13:30											
14:00	Group welcome	Phil/Mitch Talk (foyer)									
14:30		(Optional)	Developing An Effective Catch And Pull Talk (Foyer)								
15:00		Dryland (Pool)	Dryland (Pool)	Dryland (Pool)		Dryland (Pool)	Swim (Pool)				
15:30	Light swim and underwater filming	Swim (Pool)	Swim (Pool)	Swim (Pool)		Swim (Pool)					
16:00											
16:30											
17:00						Meditation (Hotel pool)					
17:30	Technique Talk (Foyer)	Spin class w/ Mitch (optional)	Spin class w/ Mitch (optional)			Spin class w/ Mitch (optional)	Leave for NaiYang Beach (Foyer)				
18:00	Analysis Group 1 (Foyer)						Dinner at Naiyang beach				
18:30											
19:00											
19:30											
20:00	Analysis Group 2 (Foyer)										
20:30											
21:00							Return to Thanyapura				