SwissAAA
Aspire.Persist.Prevail.

Week Plan Intensive Camp Thailand December 2023

	Dec 10	Dec 11		Dec 12		Dec 13		Dec 14		Dec 15		Dec 16		Dec 17		Dec 18	
	Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Monday	
		A	B	A	B	A	B	A	B	A	B	A	B				
0000																	0000
0700																	0700
0800		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast							0800
		Drive		Drive		Drive		Drive		Drive to range							
0900		Welcome to Range		Roll Call - Focus		Roll Call - Focus		Roll Call - Focus		Roll Call - Focus							0900
1000		**Skills Test Drills L1 Fundamentals**		**Drills L2 Box&Cover**		**Drills L3 Swinger Turner Bobber**		**Shooters Fitness**		**Skils Test Stage Training**						**Individual Departures Bangkok**	1000
1100								Drive									1100
1200		Lunch		Lunch				Lunch		Lunch							1200
1300		**Drills L1 Fundamentals**		**Drills L2 Box&Cover Double Tap FTF**		Lunch		**Drills L4 Stage Sequence Repetitions**		**Travel to Bangkok**		**Ultra Match Bangkok**		**Ultra Match Bangkok**			1300
1400	**Individual Arrivals Chiang Rai**					**Free Time**											1400
1500		Drive Free Time															1500
1600		**Shooters Fitness**															1600
1700				Drive Free Time													1700
1800	Welcome	Drive Free Time		Dinner				Drive Free Time									1800
1900	Dinner	Dinner				Dinner		Dinner									1900
2000				Free Time													2000
2100	Free Time	Free Time				Free Time		Free Time									2100
2200																	2200
2300																	2300
2400																	2400