



## OSTERCAMP 2026

### TRAINING PROGRAM 29. March - 03. April 2026

#### Sunday, den 29.03.2026

<b>17:00 PM</b>	Arrival at Fechtzentrum
17:10 PM	Start / Welcome
17:30 Uhr	Check Inn
<b>18:00 Uhr</b>	<b>Dinner</b>
19:00 Uhr	Warm up
19:15 Uhr	Free fencing
21:00 Uhr	End
22:30 Uhr	Lights out

#### Monday, den 30.03.2026

08:00 AM	Breakfast
09:30 AM	Warm-up
10:00 AM	Forrest Run
<b>12:00 PM</b>	<b>Lunch break</b>
14:30 PM	Shuttle Run
15:00 PM	Footwork with ball
16:00 PM	Fencing/Lesson
<b>18:00 PM</b>	<b>Dinner</b>
19:00 PM	Recovery
22:30 PM	Bedtime

#### Tuesday, den 31.03.2026

<b>08:00 AM</b>	<b>Breakfast</b>
09:30 AM	Dynamics Warm-up
10:00 AM	Plyometrics
<b>12:00 PM</b>	<b>Lunch break</b>
14:30 PM	Technical Warm-up
15:00 PM	Individual instructions
16:00 PM	Control Fencing
<b>18:00 PM</b>	<b>Dinner</b>
19:00 PM	Swimming
22:30 PM	Bedtime

#### Wednesday, den 01.04.2026

<b>08:00 AM</b>	<b>Breakfast</b>
09:30 AM	Warm-Up
10:00 AM	Jumping Drill
10:00 AM	Round Fencing
<b>12:00 PM</b>	<b>Lunch</b>
14:30 PM	Game
15:00 PM	Fencing With time
<b>18:00 PM</b>	<b>Dinner</b>
19:00 PM	Recovery
22:30 PM	Bedtime

#### Thursday, den 02.04.2026

<b>08:00 AM</b>	<b>Breakfast</b>
09:30 AM	Warm-Up
10:00 AM	Sprints speed work
<b>12:00 PM</b>	<b>Lunch</b>
14:30 PM	Footwork with gloves
15:00 PM	Round fencing/ Lesson
<b>18:00 PM</b>	<b>Dinner</b>
19:00 PM	Swimming
22:30 PM	Bedtime

#### Friday, den 03.04.2026

<b>08:00 AM</b>	<b>Breakfast</b>
09:00 AM	Warm-Up
09:30 AM	Final Tournament
<b>12:00 PM</b>	<b>End of course</b>
	<b>Pick up Fechtzentrum</b>