

2017.05.29-06.02 ECH Training camp, Men's foil, Tata

Programme:

Monday,

Arrival: 14:00

Afternoon training: 16:00-18:30 warm-up, free fencing, lessons, stretching

Tuesday,

Morning: 9:30-12:00 warm-up, free fencing, stretching

Afternoon: 16:00-18:30 warm-up, free fencing, lessons, stretching

Wednesday,

Morning: 9:30-12:00 warm-up, free fencing, stretching

Afternoon: 16:00-18:30 Physical exercise

Thursday,

Morning: 9:30-12:00 warm-up, free fencing, stretching

Afternoon: warm-up, free fencing, lessons, stretching

Friday,

Morning: 9:30-12:00 warm-up, free fencing, lessons, stretching

Departure after lunch.

Morning running: at 6:45 each day

The use of protective fencing equipment is compulsory during the camp.

Zsolt Érsek, head coach

2017.05.17.