

Preliminary program of the International Para Alpine Skiing Youth Camp, Jasná 3-9th February 2019

Date	Daily Program	Trainings	Regeneration	Education, analysis, meeting	Race
February 3rd (Sunday)	Arrivals Dinner Team's meeting				
February 4th (Monday)	Breakfast Ski Training Lunch Fitness Training Regeneration Dinner Meeting	Morning Ski training at 8:00 - 11:30 Afternoon Fitness training 16:00 - 17:30	Regeneration 17:30	Evening Athlete's technique analysis	
February 5th (Tuesday)	Breakfast Ski Training Lunch Fitness Training Regeneration Dinner Meeting	Morning Ski training at 8:00 - 11:30 Afternoon Fitness training 16:00 - 17:30	Regeneration 17:30	Afternoon Nutrition in Sport & Sport training and body disbalance impact workshop Evening Athlete's techniques analysis	
February 6th (Wednesday)	Breakfast Ski Training Lunch Fitness Training Regeneration Dinner Meeting	Morning Ski training at 8:00 - 11:30 Afternoon Fitness training 16:00 - 17:30	Regeneration 17:30	Morning Body conditions monitoring and measurement Evening Techniques analysis	
February 7th (Thursday)	Breakfast Ski Training Lunch Fitness Training Regeneration Dinner Meeting	Morning Ski training at 8:00 - 11:30 Afternoon Fitness training 16:00 - 17:30	Regeneration 17:30	Evening Race meeting	
February 8th (Friday)	Breakfast Transfer to resort 1st race Lunch Regeneration Dinner Meeting	National Championships WPAS 1st run at 10:00	Regeneration 14:00	Evening Race meeting	Slalom
February 9th (Saturday)	Breakfast Transfer to resort 2nd race Lunch Departures	National Championships WPAS 1st run at 10:00			Giant Slalom