

**Olympic Oval Master Speed Camp**  
**Schedule - Draft (July 6th)**



	Monday 17-Jul	Tuesday 18-Jul	Wednesday 19-Jul	Thursday 20-Jul	Friday 21-Jul	
7:30		Activation / Warm up (OYO)	Activation / Warm up (OYO)	Activation 15min OYO	Activation / Warm up (OYO)	7:30
7:45				Speed and start drills		7:45
8:00		basic imitations (coach led)	cables / bungees (coach led)	(coach led)	incl. pre-race routine	8:00
8:15						8:15
8:30		<b>8:30 - 9:45</b>	<b>8:30 - 9:45</b>	<b>8:30 - 9:45</b>	<b>8:30 - 9:45</b>	8:30
8:45		On-Ice session	On-Ice session	On-Ice session	On-ice session	8:45
9:00		<b>Basic technical work</b>	<b>Corner focussed</b>	<b>Acceleration &amp; Starts focussed</b>	<b>Review &amp; non-formal races</b>	9:00
9:15		Drills and short reps	Drills and short reps	<i>* with guest coach</i>	"open" session at end	9:15
9:30						9:30
9:45						9:45
10:00		Mobility (coach led)	snack & Cool Down OYO	snack 15min	Mobility (cool down)	10:00
10:15		20-30min	(coach present)	<b>Pilates</b>		10:15
10:30		snack 15min		mobility - core - stretching	* could watch Oval / NTC	10:30
10:45		<i>Oval Boardroom</i>	watch Oval / NTC training 10:00	w/ Cristina	training 10:00 -11:45	10:45
11:00		<b>Equipment seminar</b>	-11:45			11:00
11:15		<i>sharpening / set up / tool kit</i>		<b>Q &amp; A session</b>	<i>Oval Boardroom</i>	11:15
11:30		w/ James Monson			<b>Wrap-up</b>	11:30
11:45		Lunch Break	Lunch Break	Lunch Break	Q & A	11:45
12:00						12:00
12:15						12:15
12:30	<b>12:00 - 2:00 PM - Arrival and</b>	<i>Room TBC</i>	<i>Oval Boardroom</i>	<i>Oval Boardroom</i>		12:30
12:45	<b>Equipment check (Oval Lounge</b>	<b>Recovery and Prehab</b>	<b>Nutrition</b>	<b>Prep for race (day)</b>		12:45
13:00	<b>and Skate Shop)</b>	w/ Mark Jesney	w/ Paige Wyatt			13:00
13:15						13:15
13:30						13:30
13:45		Activation & imitations	WU OYO	WU OYO		13:45
14:00		(coach present)	(coach present)	(coach present)		14:00
14:15						14:15
14:30	2:30 - 3:30pm	2:30 - 3:50pm	2:30 - 3:50pm	2:30 - 3:50pm		14:30
14:45	On-Ice session	On-Ice session	On-Ice session	On-Ice session		14:45
15:00	<b>Open session</b>	<b>Technical review using video</b>	<b>Technical intervals</b>	<b>Variable laps &amp; accels</b>		15:00
15:15			<i>(variable speed and volume)</i>	<i>(pyramid)</i>		15:15
15:30						15:30
15:45	<b>Welcome meeting</b>					15:45
16:00	<i>Oval Boardroom</i>	20min Cool Down OYO	20min Cool Down OYO	20min Cool Down OYO		16:00
16:15		(coach present)	(coach present)	(coach present)		16:15
16:30						16:30
				<b>5:45 PM - Social dinner</b>		
				<b>at The Banquet / Nick's</b>		

Optional	4:20-5:40 PM - B1/B2	4:20-5:40 PM - B1/B2	4:20-5:40 PM - B1/B2		4:20-5:40 PM - B1/B2
extra ice	6:00-7:20 PM - C ice	6:00-7:20 PM - C ice			6:00-7:20 PM - C ice