



# Muay Thai Boot Camp

14th - 21th July 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07.30-09.00	Muay Thai Trainer: Joakim Hägg	Muay Thai Trainer: Joakim Hägg	Muay Thai Trainer: Joakim Hägg	Muay Thai Trainer: Joakim Hägg	Muay Thai Trainer: Joakim Hägg	Muay Thai Trainer: Joakim Hägg
08.00-09.00	3km/ 5km Run or Power walk	Morning Cycle	Stretch and breathing (low intensity)	3km/ 5km Run or Power walk	3km/ 5km Run or Flexi stretch	Mobility Drills/ Stretch
09.00-10.00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
11.30-13.00	Technique training Trainer: Joakim Hägg	Technique training Trainer: Joakim Hägg	Technique training Trainer: Joakim Hägg	Technique training Trainer: Joakim Hägg	Technique training Trainer: Joakim Hägg	Technique training Trainer: Joakim Hägg
12.00-13.00	Boxing exercise	Circuit training	Fit balance	Tabatha	Boxing Exercise	Boxing Exercise
13.30-14.30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15.30-17.00	Muay Thai Trainer: Joakim Hägg	Muay Thai Trainer: Joakim Hägg	Muay Thai Trainer: Joakim Hägg	Muay Thai Trainer: Joakim Hägg	Muay Thai Trainer: Joakim Hägg	Muay Thai Trainer: Joakim Hägg
16.30-17.30	Spinning	VPR Fitness	Body Conditioning	Spinning	Strength training (medium intensity)	High Intensity Training
18.00-18.45	Lecture/ optional meditation Trainer: Joakim Hägg	Lecture/ optional meditation Trainer: Joakim Hägg	Lecture/ optional meditation Trainer: Joakim Hägg	Lecture/ optional meditation Trainer: Joakim Hägg	Lecture/ optional meditation Trainer: Joakim Hägg	Lecture/ optional meditation Trainer: Joakim Hägg
19.00-20.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
21.00-21.30	Evening walk	Evening walk	Evening walk	Evening walk	Evening walk	Evening walk