

## 2016 Training Camp

6.-8.7. Grudziadz

Day 1	
15:00:00	WELCOME THE PARTICIPANT'S
15:30:00	BRIEFING WITH THE RIDERS
16:00:00	Sport
16:30:00	
17:00:00	FIM rules
17:30:00	Video – speedway shots, best heats, crashes
18:00:00	

Day 2		
09:30:00	Swimming pool	BIKES SAFETY CHECK
10:00:00		PRACTICE
10:30:00		
11:00:00		
11:30:00		
12:00:00	Quick fitness	
12:30:00	Mental/sport trainer	Game in Pits
13:00:00		
13:30:00		
14:00:00		
14:30:00		
15:00:00		
15:30:00	BIKES SAFETY CHECK	Quick fitness
16:00:00	PRACTICE	Mental/sport trainer
16:30:00		
17:00:00		
17:30:00		
18:00:00		
18:30:00		Sponsorship presentation
19:00:00	Game in Pits	

Day 3			
09:30:00	PRACTICE	Swimming pool	
10:00:00			
10:30:00		Referee box visit	
11:00:00			
11:30:00			
12:00:00			
12:30:00		Bike preparation	
13:00:00		Meeting with Topstar rider - Tomasz Gollob	
13:30:00		Sport	
14:00:00			
14:30:00			
15:00:00			
15:30:00		PRACTICE	
16:00:00	Bike preparation		
16:30:00			
17:00:00			
17:30:00	Referee box visit		
18:00:00			
18:30:00	Sponsorship presentation		
19:00:00			