



2019
INTENSIVE TRAINING CAMP TENTATIVE SCHEDULE

Blacksburg, VA
JULY 21 – 26

SUNDAY

1:00PM – 2:00PM CHECK-IN
3:00PM WORKOUT (TBD)
6:00PM DINNER
8:00PM – 9:30PM WRESTLING SESSION (TBD)

MONDAY-THURSDAY

7AM – 7:45AM WEIGHT TRAINING/CONDITIONING
7:45AM – 8:50AM BREAKFAST
9:15AM – 10:45AM TECHNIQUE/DRILL SESSION (TBD)
11:00AM LUNCH
3:00PM – 5PM HARD WRESTLING SESSION (WRESTLING ROOM)
6:30PM DINNER
8:00PM – 9:30PM TECHNIQUE SESSION (TBD)

FRIDAY

7:00AM RUN
8:30AM BREAKFAST
10:00AM – 11:30AM HARD WRESTLING (WRESTLING ROOM)
11:30AM – 12:30PM CHECK- OUT