



PROGRAM WATERSLEY CYCLING CAMP

MONDAY 10 MAY

- 09.00h Arrival Plaza, Watersley 31
- 09.30h Explanation for the coming days
- 10.00h Teambuilding
- 13.00h Lunch @ Shortstay
- 14.30h Training Tom Dumoulin Bikepark
- 18.00h Dinner @ Shortstay
- 19.00h Lecture

TUESDAY 11 MAY

- 08.30h Breakfast @ Shortstay
- 10.00h Training (± 100 km) through South-Limburg with the well-known climbs of the AGR
- 14.30h Lunch @ Shortstay
- 16.00h Core stability
- 18.00h Dinner @ Shortstay
- 19.00h Lecture

WEDNESDAY 12 MAY

- 08.30h Breakfast @ Shortstay
- 10.00h Training incl. testing on the Camerig (± 80 km)
- 14.00h Lunch @ Shortstay
- 16.00h Joint closure of the cycling camp

WATERSLEY SPORTS & TALENT PARK

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