

## Itinerary (Subject to change)

### DAY – 1

- 11h00 – Airport Check-in
- 13h05 – Flight Lisbon-Azores (2h25m)
- 14h30 – Arrival in Azores (-1h time difference from Lisbon)
- Check-in Hostel
- 15h30 – 1st Surf (Free-Surf & initial athlete's assessment)
- 19h00 – 20h00 – Pool practice
- 20h30 – Dinner at Villa

### DAY – 2

- 07h30 – Wake Up
- 08h00 – Morning Run (0h35m)
- 08h45 – Breakfast
- 10h00 – 1st Surf (Conducted exercises)
- 12h00 – Lunch (at Beach)
- 13h00 – 2nd Surf (Personal Objectives)
- 15h00 – 3rd Surf (Free Surf)
- 17h00 – Sightseeing (tour)
- 19h00 – 20h00 – Pool practice
- 20h30 – Dinner
- 22h00 – Video analyses (2nd Surf + 3rd Surf)

### DAY – 3

- 07h30 – Wake Up
- 08h00 – Breakfast
- 09h00 – 10h00 – Pool practice
- 11h00 – 1st Surf (Conducted exercises)
- 13h00 – Lunch (at beach)
- 14h00 – 2nd Surf (Personal Objectives)
- 16h00 – 3rd Surf (Free Surf)
- 17h00 – Sightseeing
- 19h30 – Running (0h35m)
- 20h30 – Dinner at Villa
- 22h00 – Video Analyses (day surf + previous days)

### DAY – 4

- 07h30 – Wake Up
- 08h00 – Morning Running (0h35m)
- 08h45 – Breakfast
- 10h00 – 1st Surf (Conducted exercises)
- 12h00 – Lunch (at Beach)
- 13h00 – 2nd Surf (Personal Objectives)
- 15h00 – 3rd Surf (Free Surf)
- 17h00 – Sightseeing (tour)
- 19h00 – 20h00 – Pool practice
- 20h30 – Dinner
- 22h00 – Video analyses (2nd Surf + 3rd Surf)

## DAY – 5

- 07h30 – Wake Up
- 08h00 – Breakfast
- 09h00 – 10h00 – Pool practice
- 11h00 – 1st Surf (Conducted exercises)
- 13h00 – Lunch (at beach)
- 14h00 – 2nd Surf (Personal Objectives)
- 16h00 – 3rd Surf (Free Surf)
- 17h00 – Sightseeing
- 19h30 – Run (00h35)
- 20h30 – Dinner at Villa
- 22h00 – Video Analyses (day surf + all previous days)

## DAY – 6

- 07h30 – wake Up
- 08h00 – Running (0h35m)
- 08h45 – Breakfast
- 10h00 – 1st Surf (Individual Objectives)
- 12h00 – Lunch at Beach
- 13h00 – 2nd Surf (Free Surf)
- 16h00 – Check-in Aeroporto São Miguel
- 17h55 – Flight Azores-Lisbon (2h10m)
- 21h50 – Arrival in Lisbon (+1h time difference from Azores)

