TRAINING SCHEDULE

# SUMMER CLASH 2021

## WEEK 1
12.7.-18.7.

| | MA | TI | KE | TO | PE | LA | SU |
|---|---|---|---|---|---|---|---|
| 9.00-9.30 | WARM-UP | WARM-UP | WARM-UP | WARM-UP | WARM-UP | WARM-UP | |
| 9.45-11.15 | BROADSWORD Iiro | BROADSWORD Iiro | BROADSWORD Iiro | BROADSWORD Iiro | BROADSWORD Iiro | BROADSWORD Iiro | |
| 11.30-13.00 | UNARMED Johannes | UNARMED Johannes | UNARMED Johannes | UNARMED Johannes | UNARMED Johannes | UNARMED Johannes | |
| 13.00-14.15 | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | |
| 14.30-15.45 | RAPIER Yarit | RAPIER Yarit | RAPIER Yarit | RAPIER Yarit | RAPIER Yarit | RAPIER Yarit | |
| | | | WARM-DOWN | | | WARM-DOWN | |
| 16.00-17.30 | SPECIAL | SPECIAL | | SPECIAL | SPECIAL | | |
| 17.30-18.00 | WARM-DOWN | WARM-DOWN | | WARM-DOWN | WARM-DOWN | | |

## WEEK 2
19.7.-25.7.

| | MA | TI | KE | TO | PE | LA | SU |
|---|---|---|---|---|---|---|---|
| 9.00-9.30 | WARM-UP | WARM-UP | WARM-UP | WARM-UP | WARM-UP | WARM-UP | |
| 9.45-11.15 | RAPIER Yarit | RAPIER Yarit | RAPIER Yarit | RAPIER Yarit | RAPIER Yarit | TESTS | |
| 11.30-13.00 | BROADSWORD Iiro | BROADSWORD Iiro | BROADSWORD Iiro | BROADSWORD Iiro | BROADSWORD Iiro | | |
| 13.00-14.15 | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | |
| 14.30-15.45 | UNARMED Johannes | UNARMED Johannes | UNARMED Johannes | UNARMED Johannes | UNARMED Johannes | TESTS | |
| 16.00-17.30 | CHOREO | CHOREO | CHOREO | CHOREO | CHOREO | | |
| 17.30-18.00 | WARM-DOWN | WARM-DOWN | WARM-DOWN | WARM-DOWN | WARM-DOWN | | |

CERTIFICATION 1

**Coordinating Teacher:** Iiro Heikkilä
**Teachers:** Iiro Heikkilä, Johannes Eilertsen and Yarit Dor