

	July 22	July 23
9:00	Introduction to the Festival	Small Group Breakout
9:30	Small Group Breakout	Morning Warm Up
10:00	Circuit Session One	Circuit Session One
10:30		
11:00		
11:30		
12:00	Lunch	Lunch
12:30	Afternoon Warm-Up	Afternoon Warm-Up
13:00		
13:30	Circuit Session Two	Circuit Session Two
14:00		
14:30		
15:00	Daily Group Wrap Up	Daily Group Wrap Up
15:30		
16:00	Cool Down	Cool Down
16:30		

Circuit Sessions

- Set 1 Circuits**
- Goal setting
 - Comp Moves & Strategy
 - Mental toughness
 - Practice comp boulders
 - Volume Wall Circuits
 - Movement Stations
 - Speed Basics

- Set 2 Circuits**
- ISO strategy
 - Warm up Strategy
 - Comp style routes
 - Circuit training
 - Speed Sequences
 - Speed training route
 - Nutrition 'Fun'damentals