



17 November 2023

SSA Open Water Camp – Mbombela (Daily schedule)

Tuesday	9 Jan 2024	Depart from OR Tambo Bus terminal at 9:00 am Arrive at Bundu Lodge – 12:30 Lunch and room allocations Afternoon swimming session – Aerobic session by head coach Cedric Finch Dinner 19:30 – Welcome talk including the rules of the camp and expectations of the camp and program
Wednesday	10 Jan 2024	Breakfast Morning swimming session Lunch 13:00 – Talk by Dean Price and Mafata Modutoane - Strength and Conditioning Talk. Afternoon swimming session Dinner 19:30 – Talk by Tracey Hemphill – How to plan your life and set goals for performance Pre-race plans – Cedric Finch & Neville Smith
Thursday	11 Jan 2024	Breakfast - 6:00 to 6:45 Depart Longmere Lake – 7:00 Body marking and Nail Check – 8:15 Race Briefing – 8:30 to 8:45 OWS Grand Prix Event 5km, 7.5km & 10km – 9:00

Completion of race – 11:30

Lunch

Afternoon swimming session, debrief and aerobic swimming session with head coaches

Dinner

19:30 – Talk on Open Water tactics – Cedric Finch

Friday 12 Jan 2024

Breakfast

Morning swimming session

Lunch

Grand Prix

Dinner

Saturday 13 Jan 2024

Breakfast

Vacate rooms

Grand Prix

Return to OR Tambo International Airport