



*Focus*  
**T Skills**  
**LÍNICA CENTRO**







# FOCUS TAskills regular day

6.40h Meeting point  
6.45h MEDITATION (Piscina)  
6.55h Snack  
7.10h Leaving the hotel  
7.30h WORKOUTAS 1  
9.15h Back to the hotel

## 9.40h BREAKFAST

10.40h Meeting/talk/video session  
11.30h WorkoutAS 2

- Group A Physical condition REGGIE
- Group B Specific basketball fundamentals.

12.15h WorkoutAS 3 specific basketball fundamentals

- Group B Physical condition REGGIE
- Group A Specific basketball fundamentals.

13.00h Pool recovery (REGGIE)

## 13.30h LUNCH

14.30h REST in your rooms.

16.00h MEETING POINT (Reception)

16.10h Leaving the hotel to the gym (REGGIE)

16.30h WorkoutAS 4 routines (20min Reggie mobility or stretching EACH GROUP)

17.20h WorkoutAS 5 basketball

18.40h Back to the hotel (REGGIE)

19.15h TREATMENT CLINICA CENTRO/cold pool...

## 20.30h DINNER

21.00h FREE time (phones)

21.30h Speech/meeting/video analysis

22.00h TASleeping

TRAINING - AMBITION - SUPERATION



