

# ZOAR

## ATHLETE

CAMP 2022

### Day 1 Itinerary

9:30-10:00..... Athlete Check-In  
10:00-10:15.....Inductory Welcome  
10:30-12:30..... Session 1  
12:30-1:00..... Lunch | Powered by Macros by Ma  
1:00-1:30..... Nutrition Lunch & Learn: Stacey Kadenas  
1:30-2:00..... Break  
2:00-4:00..... Session 2  
4:00-5:00..... Break  
5:00-9:00..... Hangout at Hardenberg House

### Day 2 Itinerary

9:45-10:00..... Athlete Arrival  
10:00-10:30..... Day 2 Overview  
10:30-12:30..... Session 3  
12:00-1:00..... Break for Lunch  
1:00-1:30..... Mindset Lunch & Learn: Ben & Chris  
1:30-3:30..... Session 4  
3:30-4:00..... Debrief & Send-Off

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### Session 1

- Build to Heavy Olympic Lift
- Barbell Cycling Technique Instruction
- Barbell Cycling Practice EMOM

### Session 2

- Gymnastics Skills Breakout Groups, Part I
- Technique-Focused Intervals

### Session 3

- Gymnastics Skills Breakout Groups, Part II
- Technique-Focused Intervals

### Session 4

- Movement Prep, Group Walk Through
- The Name Game
- Post-Workout Reflections & Discussion

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### **Additional Camp Details:**

- **Sept 17 & 18, 2022 (Sat & Sun)**

### **Location:**

- **CrossFit Roseland**
- **16 Eisenhower Pkwy, Roseland, NJ 07068**
- **CrossFit Roseland will be available for Open Gym Friday evening for athletes, allowing for individualized programming, or the ZOAR Fitness recovery day on the whiteboard.**

### **Day 1 Lunch:**

- **Provided by Stacey Kadenas**