12-19/07/2026 Schedule of the EWF Youth Training Camp in Macolin SUI

Start	Finish	Sunday 12th	Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th	Saturday 18th	Sunday 19th
7:00	9:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7:30	8:00		Outdoor Session G2	Outdoor Session G1	Outdoor Session G2	Outdoor Session G1	Outdoor Session G2	Outdoor Session G1	
8:30	10:30		1st WL training Group 1	1st WL training Group 2	1st WL training Group 1	1st WL training Group 2	1st WL training Group 1	1st WL training Group 2	Outdoor Session
10:30	12:30		1st WL training Group 2	1st WL training Group 1	1st WL training Group 2	1st WL training Group 1	1st WL training Group 2	1st WL training Group 1	
13:00	14:00	Arrival day	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Departure
			Free time	Free time	Free time	Free time	Free time	Free time	
14:30	16:15		2nd WL training Group 1	Recovery Session	2nd WL training Group 1	Cultural activities Watch Museum OMEGA, the story of the Swiss watch and Olympic Games	2nd WL training Group 1	Recovery Session	
16:15	18:00		2nd WL training Group 2	IWF Anti Doping Seminar	2nd WL training Group 2		2nd WL training Group 2		
18:30	19:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
20:00	21:00	Dinner	Night Games	Night Games	Seminar	Night Games	Seminar	Dinner/'Party' Certificates	
21:00	22:00	Introduction	Free time	Free time	Free time	Free time	Free time		
22:00	23:00	Bed time	Bed time	Bed time	Bed time	Bed time	Bed time	Bed time	