

TRAINING SEASON – AT SIX

SCHEDULE

Saturday April 5

08:00 Meet up & leave bags - At Six

08:30 Run through Stockholm

09:30 Shower

09:45 Breakfast

12:00 Strength-session in gym

13:00 Shower

13:15 Lunch

14:30 Check-in

16:30 Flow-session on the rooftop

17:30 Shower & Sauna session

19:30 Dinner

Sunday April 6

07:30-11:00 Breakfast

12:00 Check-out

