

# SPORTS PROGRAM

## COACH KALLON /KAJA SUDDERGAARD - PLAYITAS RESORT WEEK 3 - 2026

|       | MONDAY 12/1                            | TUESDAY 13/1                                 | WEDNESDAY 14/1           | THURSDAY 15/1            | FRIDAY 16/1              | SATURDAY 17/1                                   | SUNDAY 17/1                 | MONDAY 19/1                                |
|-------|----------------------------------------|----------------------------------------------|--------------------------|--------------------------|--------------------------|-------------------------------------------------|-----------------------------|--------------------------------------------|
| 7:00  | CPH Arrival 12:40<br>BLL Arrival 12:35 | Morning Stretch Pre Breakfast<br>07.30-08.00 |                          | Morning swim<br>07.30    |                          |                                                 | Morning Hike<br>07.00-10.00 | Morning Walk 3k<br>07.00-07.30             |
| 8:00  |                                        | Morning Meeting                              | 3k walk/run & talk       |                          |                          |                                                 |                             | Morning Stretch<br>07.30-08.00             |
| 9:00  |                                        | BREAKFAST<br>07.30-10.00                     | BREAKFAST<br>07.30-10.00 | BREAKFAST<br>07.30-10.00 | BREAKFAST<br>07.30-10.00 | BREAKFAST<br>07.30-10.00                        | BREAKFAST<br>07.30-10.00    | BREAKFAST<br>07.30-10.00                   |
| 9:00  |                                        |                                              |                          |                          |                          | Mini Triathlon<br>300m Swim / 15km bike / 3krun |                             |                                            |
| 10:00 |                                        |                                              |                          | Leg/Movement training    | Cardio & WOD             | Mini Triathlon<br>300m Swim / 15km bike / 3krun |                             | Goodbye meeting / Check out                |
| 11:00 |                                        | LUNCH<br>11.00 - 15.00                       | LUNCH<br>11.00 - 15.00   | LUNCH<br>11.00 - 15.00   | LUNCH<br>11.00 - 15.00   | LUNCH<br>11.00 - 15.00                          | LUNCH<br>11.00 - 15.00      | CPH Departure 13:40<br>BLL Departure 13:40 |
| 12:00 |                                        |                                              | Strength/fullbody & WOD  |                          |                          |                                                 | Kaja Workshop               |                                            |
| 13:00 |                                        | Cardio & WOD                                 |                          |                          |                          |                                                 |                             |                                            |
| 14:00 |                                        |                                              |                          | Cardio & WOD             | Kaja Workshop            | Strength & Upperbody                            |                             |                                            |
| 15:00 |                                        |                                              | Cardio & WOD             |                          | Padel tournament         |                                                 | Stretch/Movement            |                                            |

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|-------|------------------------------------------------|-----------------------------------------------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------|
| 17:00 | SOCIAL 4K WALK + 30 MIN<br>POST FLIGHT STRETCH |                                                                             | Kaja Workshop         |                       |                       |                       |                       |             |
| 18:00 | EVENING MEETING + INTRO                        | Talk with Kallon - Training,<br>restitution and what to<br>expect this week |                       |                       |                       |                       | Check-out Ceremoni    |             |
| 19:00 | DINNER<br>18.30-21.00                          | DINNER<br>18.30-21.00                                                       | DINNER<br>18.30-21.00 | DINNER<br>18.30-21.00 | DINNER<br>18.30-21.00 | DINNER<br>18.30-21.00 | DINNER<br>18.30-21.00 |             |
| 20:00 |                                                |                                                                             |                       | Cinema                |                       |                       |                       |             |

|            |         |                          |              |        |                 |                 |             |           |
|------------|---------|--------------------------|--------------|--------|-----------------|-----------------|-------------|-----------|
| Restaurant | WOD Box | Pink Platform<br>Meet up | Olympic Pool | Social | Rambla - Lounge | Conference room | Padel court | Reception |
|------------|---------|--------------------------|--------------|--------|-----------------|-----------------|-------------|-----------|