



Beach volleyball in Rio de Janeiro

8-day training program

Day 1 – Sunday

Arrival in Rio and transfer to Royalty Barra hotel****

Day 2 - Monday

Morning – ball control and attack technique / Afternoon: Half Day Sugar Loaf

Day 3 - Tuesday

Morning: Defense methodology and game / Afternoon: work out at gym or relax at the beach

Day 4 - Wednesday

Morning: attack techniques / Afternoon: work out at gym and aerobic exercise on the beach

Day 5 - Thursday

Morning: ball control and attack technique and game /Afternoon: Half Day Corcovado

Day 6 - Friday

Morning: attack techniques Afternoon: aerobic exercise at the beach for optional tours

Day 7 - Saturday

Morning: work out at gym or relax at the beach / Afternoon: amateur games / Night: Farewell dinner in a Barbecue restaurant followed by Samba show

Day 8 – Sunday

Transfer out to board the outbound flight back home

Training Structure:

- Located in Barra da Tijuca at Pepê Beach walking distance from the hotel proposed
- 4 courts, partnership with highly equipped gym clubs, physiotherapy, bilingual coaches
- Training methodology.

06 days including physical and technical evaluation, practice sessions and gym

The training program are from Monday to Saturday, but it can be adapted if necessary

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