

SPARTAN
2024 SPRINT & 100M
WORLD CHAMPIONSHIP

HOSTED BY:

HVAR
CROATIA



Be ready for the ultimate OCR challenge in Hvar
THE SPARTAN SPRINT & 100M WORLD CHAMPIONSHIP 2024

WC OCR Training Camp 2024

Stari Grad, Hvar
7. – 10.10.2024

June 2024

What is the Camp about?

01 Spartan obstacles training, tips & tricks from Spartan Elites

02 Get familiar with the environment and challenges that await

03 Prolong your stay on the island of Hvar and explore its beauties

04 Meet like-minded athletes and enjoy various perks

05 Be the best version of yourself and ready for Spartan WC 2024

Key information & benefits

- Location: Stari Grad, Hvar, Croatia
- Date: 8-10. October 2024
- Organizer: OCR Croatia
- Active support: Spartan Race
- Capacity: max 50 athletes
- Camp fee: free
- Registration link: [here](#)



Guided Camp Program

Camp participants will have access to a guided camp program that includes running, challenges, workshops, and other interactive activities.

Discounts and Organized Meals

Camp participants will enjoy discounts on accommodation, meals, and local restaurants and OPGs. Organized meals during the camp will also be provided.

Merchandise and Discounts

Participants will receive a 25% discount on WC Hvar race for 2025, discounts in local restaurants and OPGs, and Spartan WC Hvar merchandise.

Official T-Shirt and Gift Package

Camp participants will receive an official WC Hvar T-shirt and a gift package of local delicacies such as wine, oil, olives, lavender, and more.

Camp Schedule – Day 0 & Day 1

7th and 8th October 2024

Day 0 (7th October) – Evening Program

We'll kick off the camp with an exciting evening program at the base camp. As night falls, join us at the main square for a warm welcome event. This will be a great opportunity to meet fellow participants and local residents through fun activities. Don't miss out on "THE CARRY CHALLENGE," where both participants and visitors can showcase their speed & skills..

Day 1 (8th October) – Morning Program

Our morning program will take place at the cinema hall, where we'll welcome the remaining participants and distribute welcome packages. Introduction and welcome speeches will set the tone for the camp, followed by a presentation on what to expect at the training camp and the Spartan Race WC Hvar. We'll also provide a comprehensive overview of the camp schedule, facilities, and locations for field exercises.

Day 1 (8th October) – Afternoon Running and Challenges

After a lunch break, get ready for an action-packed afternoon with running and hanging challenges at the camp base. This will be a great way to activate your body after your travels, and to start adjusting to the Hvar environment. The hanging exercises will include going through different techniques, tips & tricks and other useful exercises aimed towards a more efficient obstacle tackling.

Day 1 (8th October) – Evening Entertainment

We'll wrap up the day with dinner and an evening entertainment program at the camp base (main square), ensuring a memorable end to your first day at the camp. Be prepared to show-off your skills on the monkey bars in the evening challenge.

Camp Schedule – Day 2 & Day 3

9th and 10th October 2024

Day 2 (9th October) - Morning Program

Start your day with an invigorating session by the sea. This program includes running, mobility exercises, and a brief swim with logs. It's the perfect way to energize yourself for the day ahead.

Later in the morning, head to the cinema hall for a workshop focused on nutrition and hydration before, during, and after the race, specifically tailored for the conditions in Hvar. Following this, there will be a presentation by Spartan Elites, offering valuable insights for your training.

Day 2 (9th October) - Afternoon Program

After lunch, selected participants will have the opportunity to attend a workshop with some of the key people from Spartan Race organization. After the workshops it is time to stretch the legs again - a light run followed by technical skills training at the camp base, where you can practice skills like spear throwing and balance.

Day 2 (9th October) - Evening Program

As the day winds down, enjoy an evening entertainment program at the base. Participate in Challenge No. 3, which focuses on technical skills, and compete for the overall challenge winner's award. It's a great way to end the day with fun and to be fully engaged for the upcoming spartan race.

Day 3 (10th October) - Evening Program

Start your final day at the camp with a refreshing morning program by the sea, featuring light mobility exercises to get you energized. Afterward, enjoy a hearty breakfast to fuel up for the day. The camp leader will then deliver a concluding speech, summarizing the camp's highlights and achievements. Finally, it's time to check out and depart for Hvar, where the World Championship awaits.



To register to the camp completely for free click [here](#)

For more information please contact: info@ocr.hr

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