



Games against -  
Albania, North Macedonia, Azerbaijan  
Hosts – Albania ( – March 2022)  
Matchdays (MD): 8<sup>th</sup>, 11<sup>th</sup>, 14<sup>th</sup>

### Itinerary

Day 1		
Date –		
Time	Schedule	Duration
08:00	Staff assemble at Base	2 hours
	Players assemble at Base	1½ hours
	Welcome Meeting	1 hour
	Training	1 hour 45 minutes
	Lunch	1 hour 15 minutes
	Check-in to Team Hotel	1 hour
	Educational Workshop	1½ hours
	Dinner	50 minutes
	Team meeting	2 hours 10 minutes
	Snack	45 minutes
21:45	Players to own room	

**Day 2**

Date –

<b>Time</b>	<b>Schedule</b>	<b>Duration</b>
08:30	Breakfast	1 hour
	Check-out	15 minutes
	Depart for Airport	½ hour
	Check in for flight to Tirana (Lunch in airport)	2 hour 15 minutes
	Flight - Edinburgh to Frankfurt (Dinner in airport)	8 hours 10 minutes
	Flight - Frankfurt to Tirana	2 hours 5 minutes
	Arrive in Tirana Airport	30 minutes
	Transfer to Team Hotel	30 minutes
	Arrive at Team Hotel	5 minutes
23:50	Players to own room	

**Day 3****Date –**

<b>Time</b>	<b>Schedule</b>	<b>Duration</b>
09:00	Breakfast	
11:00	Training	
13:00	Lunch	
14:00	Rest / Study	
15:30	Training session	
18:00	Dinner	
19:00	Walk	
20:00	Team Meeting	
21:30	Snack	
22:00	Players to own rooms	

**Day 4 – Matchday 1**

<b>Date –</b>		
<b>Time</b>	<b>Schedule</b>	<b>Duration</b>
08:00	Team meeting	
08:30	Breakfast	
09:30	Transport to Match Venue	
10:30	Arrive at Match Venue	
<b>12:00</b>	<b>MATCH</b> Scotland v North Macedonia	
14:30	Return to Team hotel	
15:30	Arrive at Team hotel	
16:00	Lunch	
17:00	Rest / Study	
19:30	Dinner	
21:00	Team meeting	
21:30	Snack	
22:00	Players to own rooms	

**Day 5**

Date –

<b>Time</b>	<b>Schedule</b>	<b>Duration</b>
09:00	Breakfast	45 minutes
	Study	1 hour 15 minutes
	Recovery session	1½ hours
	Lunch	1 hour
	Rest	2 hours
	Training	2½ hours
	Dinner	1 hour
	Educational workshop	1½ hours
	Team Meeting	1 hour
	Snack	½ hour
22:00	Players to own rooms	

**Day 6**

Date –

<b>Time</b>	<b>Schedule</b>	<b>Duration</b>
09:00	Breakfast	2 hours
	Training	1½ hours
	Lunch	1 hour
	Rest	2 hours
	Training	2½ hours
	Dinner	45 minutes
	Study	1 hour 45 minutes
	Team Meeting	1 hour
	Supper	½ hour
22:00	Players to own rooms	

**Day 7 – Matchday 2****Date –**

<b>Time</b>	<b>Schedule</b>	<b>Duration</b>
09:30	Walk (with snack)	
10:00	Team meeting	
10:30	Breakfast	
11:45	Transport to Match venue	
13:00	Arrive at Match Venue	
<b>14:30</b>	<b>MATCH</b> Scotland v Albania	
17:00	Return to Team hotel	
18:15	Arrive at Team hotel	
18:45	Dinner	
19:30	Study	
21:00	Team meeting	
21:30	Snack	
22:00	Players to own rooms	

**Day 8****Date –**

<b>Time</b>	<b>Schedule</b>	<b>Duration</b>
09:00	Breakfast	
09:45	Study	
11:00	Recovery session	
12:30	Lunch	
13:30	Rest	
15:30	Team activity	
18:00	Dinner	
19:00	Educational workshop	
20:30	Team Meeting	
21:30	Snack	
22:00	Players to own rooms	

**Day 9**

Date –

<b>Time</b>	<b>Schedule</b>	<b>Duration</b>
09:00	Breakfast	2 hours
	Training	1½ hours
	Lunch	1 hour
	Study	2½ hours
	Rest	2 hours
	Dinner	1 hour
	Walk	1½ hours
	Team Meeting	1 hour
	Snack	½ hour
22:00	Players to own rooms	

**Day 10 – Matchday 3**

Date –

<b>Time</b>	<b>Schedule</b>	<b>Duration</b>
09:30	Walk (with snack)	½ hour
	Team meeting	½ hour
	Breakfast	1½ hours
	Transport to Match venue	1 hour
	Arrive at Match venue	1½ hours
	<b>MATCH</b> Azerbaijan v Scotland	2½ hours
	Return to Team hotel	1 hour
	Arrive at Team hotel	½ hour
	Dinner	2 hours
	Team meeting	1 hour
	Snack	½ hour
22:00	Players to own rooms	

**Day 11**

Date –

<b>Time</b>	<b>Schedule</b>	<b>Duration</b>
05:00	Transport to Airport	1 hour 10 minutes
	Check-in	1 hour 35 minutes
	Flight - Tirana - Frankfurt	2 hours 35 minutes
	Flight – Frankfurt - Edinburgh	1 hour
	Arrive at Edinburgh Airport	25 minutes
	Transport to Base	25 minutes
12:40	Dispersal (with packed lunch)	