

*Triathlon Spring Training Camp*  
*Training Schedule*



**WEDNESDAY**

**CHECK-IN AND TEAM MPI WELCOME DINNER**

**Where: Hawthorn Suites By Wyndham Las Vegas/Henderson**

**When: 4:00-5:45pm**

**Dinner: 6:00pm YOYO (You're On Your Own)**

**THURSDAY**

**Bike/Run & Swim 5-6 hours**

**8-11:30am Mountains Loop Trail (up to 40miles and 3K' climbing)**

**11:45-12:45 Lunch TBA**

**1-2:30pm Swim Skills (Heritage Park Aquatic Complex)**

**3:30-4:30pm Run pacing**

**Breakfast: YOYO**

**Lunch: Provided**

**Dinner: YOYO**

**FRIDAY**

**Swim, Bike & Run 6 hours**

**8-9:30pm Endurance Swimming**

**10:30-2pm Bike Mountains Loop Trail & National Park**

**3:30-4:30pm Trail Run (McCullough Trail Head)**

**Breakfast: YOYO**

**Lunch: Provided**

**Dinner: 6pm provided by Team MPI - TBA**

**SATURDAY**

**Swim & Bike 6 hours**

**9-10:00am Swim: Speed Work**

**11-4:00pm Bike Endurance: all routes available**

**Breakfast: YOYO**

**Lunch: Provided**

**Dinner: Farewell Dinner (War Story Telling)**

**SUNDAY**

**DEPARTURE**

