



Florida Triathlon Skills and Training Camp Itinerary

Friday September 13, 2019

- 3:00-4:00 Shake out run with running skills brief
- 4:00-6:00 Shower and Check In
- 6:00-7:00 Review of Camp Schedule and Saturday/Sunday Lunch Choices
- 7:15 Dinner YOYO (You're On Your Own)

Saturday September 14, 2019

- 6:00-6:45 OW Swim Brief and Wetsuit Instruction
- 6:45-8:00 OW Swim
- 8:00-9:00 Breakfast YOYO and drive to Ride Start
- 9:15-10:15 Skills Training Ride Begins
- 10:15-11:15 Bike Skills Clinic at Halfway Point
- 11:15-12:15 Time Trial Efforts Return Ride
- 12:30 Sagged ride ends
- 12:30-1:00 Ride debrief
- 1:00-3:00 Lunch and Recovery Break (Provided)
- 3:00-4:00 Race Day Strategy Class and Transition Practice
- 4:00-5:00 Goals Setting Session
- 5:00-6:00 Prep for Dinner
- 6:30-8:30 Camp Dinner with the coaches at nearby Restaurant (athletes pay for their own meals)

Sunday September 15, 2019

- 6:00-6:45 OW Swim Brief for Race Day Practice
- 6:45-8:15 OW Swim with Race Day Drills
- 8:15-9:30 Breakfast and Change Into Race Gear
- 9:30-11:00 Triple Brick Workout
- 11:00-2:00 Lunch and Camp Q and A