

2020 Team MPI Triathlon Skills Training Camp
March 28-29
Galveston Island, TX
Cost \$150.00 (MPI Coached athletes 25% Discount)

Saturday March 28

Moody Garden Tram Lot

6:30-7:00 Gather

7:00-8:00 Bike Skills Briefing

8:00-10:00 Skills Practicum

10:00-11:00 Skills Debriefing

11:00-1:00 Lunch YOYO

Stewart Beach

1:00-2:00 Run Skills, Economy and Efficiency Briefing

2:00-3:00 Practicum

3:00-4:00 Day 1 Q and A

Sunday March 29

Moody Garden Tram Lot

7:00-7:30 Gather

7:30-8:30 Transition Skills Briefing

8:30-9:30 Practicum

9:30-10:30 Break and Relocate to Stewart Beach

Stewart Beach (\$12.00 parking fee per vehicle)

10:30-11:30 OW Swim Briefing

11:30-12:30 OW Swim Practicum