

Training Camp Outline

Times are subject to change. Considering what we will be doing we ask all athletes to pay attention to the time schedule to minimize time losses.

Saturday	
08:00am	Arrival
8:00-8:30am	Bike assembly and check
8:30-9:00am	Coffee and meet up
9am - 9:30	Outline of day Objectives
9:30 - 10:30	Run 8km Video
10:45 - 12:45	Cycle Ride Video of athletes Group training dynamics Gear selection Pacing
13:00 - 14:00	Lunch
13:30 - 14:30	Presentation Brief outline - Training Methodology Differences short course vs long course Case Studies: Olympic Distance Ironman
14:30 - 15:30	Cycling Video Review Discussion: Gear selection Winter training methods Turbo Rollers Fixed Gear
15:30 - 17:00	Swim Technique Review Short paced set Video technique coaching
17:00 - 17:30	Coffee/Snack
17:30 - 19:00	Swim video Analysis Bike positioning Aerodynamics - comfort, flexibility Spinscan - Intro only. Usefulness of Assessment with and vs optimal cadence Review Basic Winter Bike Maintenance and important checks Supper Henley?
Sunday	
7:45 - 8:00	Arrival LA Fitness
8:30 - 9:30am	Run 10-16km Video of running
9:30 - 10am	Coffee
10am 10:00-12:00	Cycle Ride Long "Threshold" Pace Line Intervals
12-13:00	Lunch
12:30 - 13:30	Presentation Physiological Assessment Case Study Reviews Training Goals Planning Training
14:00-15:30	Swim Review swimming Technique Objectives: Pace judgment Long paced set with technique and video
16:30 - 19:00	Coffee Group Video Review Moving forward Lessons learnt The Future
19:00	Depart