



# 2018 EAST COAST TRIATHLON FESTIVAL

## TRAINING CAMP

### APRIL 8

#### YOUTH / JUNIOR ELITE CAMP

8:00 am - Check-In, Overview  
8:15 am - Bike Handling / Pack Riding Skills  
9:00 am - Bike Workout on Course  
10:00 am - Open Water Skills / Workout  
11:15 am - Lunch (please bring)  
12:00 pm - Run Technique  
12:45 pm - Run Course Preview  
1:15 pm - Transitions  
2:00 pm - Mock Race(s)  
3:30 pm - Strength, Stretching, & Mobility  
4:00 pm - Pick Up

#### KIDS TRIATHLON CAMP

12:00 pm - Check-In, Overview  
12:15 pm - Open Water Skills  
1:00 pm - Bike Handling Skills  
1:30 pm - Bike Course Preview  
2:00 pm - Run Technique  
2:40 pm - Run Course Preview  
3:00 pm - Transitions  
3:45pm - Mock Race  
4:20pm - Stretching & Review  
4:30pm - Pick Up

Rates: \$245 youth/junior elites, \$145 kids/youth amateur [price does not include food or lodging]

Optional Youth/Junior VO2 Testing & bike fit available (discounted for participants)