



2017 EAST COAST TRIATHLON FESTIVAL TRAINING CAMP

APRIL 7-9

YOUTH / JUNIOR ELITE CAMP

FRIDAY

4:00pm - Check-In, Introductions, Overview

4:20pm - Run Technique

5:00pm - Run Course Preview / Workout

6:30pm - Dinner

SATURDAY

8:00am - Check-In

8:15am - Bike Handling / Pack Riding Skills

9:00am - Bike Workout on Course

10:45am - Open Water Skills / Workout

12:30pm - Lunch

2:00pm - Run Technique Video Analysis

4:00pm - Mobility & Strength Training

5:30pm - Dinner

SUNDAY

8:00am - Check-In, Overview

8:15am - Transitions

9:30am - Mock Race on Course (3x short reps)

11:30pm - Closing

KIDS CAMP

SATURDAY

8:00am - Check-In, Overview

8:20am - Open Water Skills

9:30am - Bike Handling Skills

10:30am - Bike Course Preview

11:30am - Lunch (please bring)

12:30pm - Run Technique

1:30pm - Run Course Preview

2:00pm - Transitions

3:00pm - Mock Race

4:15pm - Strength, Stretching, & Mobility

5:00pm - Closing

5:30pm - Dinner at Pie 5 Pizza

Rates: \$245 youth/junior elites, \$195 kids/youth amateur [price does not include food or lodging]

Homestays available (limited)

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