

TRIATHLON TRAINING CAMP - SWIM TECHNIQUE FOCUS

MARCH 19TH - 26TH

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
08.00	ATHLETE ARRIVAL Nirvana airport transfers are included		08.00 - 09.00 POOL SWIM	08.00 - 09.00 POOL SWIM	08.00 - 09.00 POOL SWIM		08.00 - 09.00 POOL SWIM		
08.30									
09.00			09.00 - 11.00 POOL SWIM All athlete's swimming techniques videoed	09.15 - 11.00 RUN Tempo focus			09.00 - 11.00 RUN Endurance focus		
09.30								09.30 - 11.30 BIKE 50-60km	
10.00					10.00 - 13.00 BRICK 40-50k bike > Transition > Race pace run	10.00 - 14.00 BIKE 90-100km			
10.30									
11.00									
11.30			11.30 - 12.30 BIKE SKILLS	11.30 - 13.00 STRENGTH & CONDITIONING			11.30 - 13.00 STRENGTH & CONDITIONING		
12.00									
12.30			12.30 - 14.30 BIKE 50-70km						
13.00									
13.30									
14.00				14.00 - 15.00 TRANSITION SKILLS					
14.30									
15.00							15.00 - 17.00 POOL SWIM All athlete's swimming techniques videoed		
15.30									
16.00				16.00 - 17.00 SEA SWIM Weather dependant & wetsuit	16.00 - 17.00 POOL SWIM	16.00 - 17.00 SEA SWIM Weather dependant & wetsuit			
16.30									
17.00			17.00 - 19.00 WORKSHOP Analysis of swimming technique videos		17.00 - 18.00 WORKSHOP		17.00 - 18.00 WORKSHOP Analysis of swimming technique videos	17.00 - 18.00 ATHLETE DEBRIEF	
17.30									
18.00									
18.30	18.00 - 19.00 INTRODUCTION & WELCOME MEETING								
19.00									

INFORMATION

- POOL SWIMS**
 Each pool session is different and adapted around intensity, structure and skills based on the athlete's ability. Athletes will be split into ability groups and put in lanes.
- BIKE SESSIONS**
 Bike rides vary in nature and will be adapted to suit the ability of the groups; split up by ability and led by one of the coaches. The terrain will be varied and there will be van support on every ride session.
- BRICK SESSION**
 A Brick Session is a bike to run session. These are key sessions for Triathletes and need to be structured into their training program.
- STRENGTH SESSIONS**
 Strength sessions supplement the athlete's core program, based around prevention of injury and functional movement, using bodyweight exercises and bands.
- RUN SESSIONS**
 Run sessions involve a structured warm up, drills and a main set. The main set will be adapted to the individual's ability and the targets of the athletes in the group.
- SEA SWIMS**
 Sea swims are delivered in groups and are based around skills. Coaches will demonstrate exercises and guide you through the skills as well as support on the shore and on a paddleboard.
- WORKSHOPS**
 Presentations or Q&A sessions around (for example): Race day nutrition, tapering for an event, swim technique or a specific topic.

*Timetable is subject to change