

TRIATHLON TRAINING CAMP – ENDURANCE & SKILLS FOCUS

MARCH 26TH - APRIL 2ND

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
07.30	<p>ATHLETE ARRIVAL Nirvana airport transfers are included</p> <p>18.00 - 19.00 INTRODUCTION & WELCOME MEETING</p>			07.30 - 08.30 POOL SWIM	07.30 - 08.30 POOL SWIM		07.30 - 08.30 POOL SWIM	<p>ATHLETE DEPARTURE Nirvana airport transfers are included</p>		
08.00										
08.30										
09.00			09.00 - 10.00 BIKE SKILLS Focus on bike handling	09.00 - 10.30 RUN Focus on tempo	09.00 - 10.00 TRANSITION SKILLS		09.00 - 11.00 RUN Focus on form and race pace			
09.30						09.30 - 15.00 BIKE Up to 120km				
10.00			10.00 - 14.30 BIKE 80km		10.30 - 13.30 BRICK 60k bike > Transition > Race pace run				10.00 - 13.00 BRICK 60k bike > Transition > Race pace run	
10.30				11.00 - 12.30 STRENGTH & CONDITIONING						
11.00										
11.30										
12.00										
12.30							12.00 - 13.30 STRENGTH & CONDITIONING			
13.00										
13.30										
14.00										
14.30										
15.00				15.00 - 17.00 POOL SWIM All athlete's swimming techniques videoed						
15.30										
16.00			16.00 - 17.00 POOL SWIM		16.30 - 17.30 SEA SWIM Weather dependant & wetsuit		16.00 - 17.00 SEA SWIM Weather dependant & wetsuit			
16.30										
17.00										
17.30			17.30 - 18.30 WORKSHOP Analysis of swimming technique videos		17.30 - 18.30 WORKSHOP		17.30 - 18.30 ATHLETE DEBRIEF			
18.00										
18.30										
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