

“Swimming for Triathlon” Camp SCHEDULE

Friday

- 11:00am: Check-In opens
*sign paperwork, goodie-bag, final schedule, bike & run maps, etc.
- 12:00am: *Swim Practice #1*
*TV/DVD on deck, warm up, watch drills, practice drills, repeat
- 2:00pm: Practice ends
*participants free to check into hotel, train, etc.
- 4:00pm: *Swim Practice #2*
*discuss warm up strategies & pacing, do warm up, Test Set (500), cool down, demonstration by coaches (sculling), participant practice, etc.
- 6:00pm: *Dry-land Practice #1*
*core, upper-body & lower-body strength, injury prevention
- 7:00pm: Practice ends
*Participants on their own, scheduled/optional dinner?

Saturday

- 7:00am: *Swim Practice #3*
*basic workout, 3 levels, Test Set (300 Kick)
- 9:00am: Practice ends
*participants on their own
- 10:30am: Van departs NTC for Open Water
- 11:00am: *Open Water Practice Starts*
*buoys in the water, kayak/lifeguard, wetsuits probably necessary, go through all aspects of OW swim: run-in, dolphin dive, sighting, drafting, passing, turning, pacing, finishing, wetsuit-removal, etc
- 1:00pm: Practice ends
*participants encouraged to bring lunch/snacks for afterwards
- 1:30/2:00pm: Van arrives back at NTC
- 3:00pm, 4:00pm, 5:00pm, 6:00pm, 7:00pm: Individual/Private swim sessions scheduled

Sunday

- 7:00am: *Dry-land Practice #2*
*core, upper-body & lower-body strength, injury prevention
- 8:00am: *Swim Practice #4*
*TV/DVD on deck, warm up, watch drills, practice drills, repeat
- 10:00am: Practice ends
*participants on their own
- 12:00pm: *Swim Practice #5*
*emphasize pacing practice with 25s/50s, “Guess Your 100”, descend, ascend, hold pace, etc., Test Set: 6x100 Best Average
- 2:00pm: Practice ends
*camp ends!