



Camp Itinerary (subject to change)

May 21 -23, 2021

Friday		Saturday	
Time	Activity	Time	Activity
9:00 AM	Welcome and Introductions	9:00 AM	Transitions clinic and basic bike mechanics
10:00 AM	Bike: Focus on handling and skills. Short ride.	10:30 AM	Presentation: Race tactics and preparation
1:00 PM	Lunch	12:00 PM	Lunch
2:00 PM	Pool Swim: Video Analysis, Open Water Swim Skills, Individual Swim Stroke Correction	2:00 PM	Swim: Open Water Swim Santa Barbara Beach. Skills and Race Simulation
5:00 PM	Presentation: Fueling and Nutrition	4:00 PM	Run: Track workout. Focus on interval theory, form and skills.
6:00 PM	Dinner at a local restaurant	6:00 PM	Dinner at a local restaurant
		Sunday	
		Time	Activity
Camp Hotel: BEST WESTERN PLUS PEPPER TREE INN 3850 State Street, Santa Barbara, CA 93105		7:00 AM	Long Bike: <u>Supported ride</u>. Practice bike skills
		10:40 AM	Run: Short Brick Run
		12:00 PM	Check Out - Final Lunch and Wrap up.
		1:00 PM	Camp Closed!