

## Working Schedule\* May 7-14, 2017

### Sands Beach Meal Times

- 07:30 10:00 breakfast
- 12:30 - 14:00 lunch
- 19:30 - 21:30 dinner

	<b>Pre-Breakfast- Start 7.00am</b>	<b>Morning- Start 10.30am</b>	<b>Afternoon- Start 2.00pm</b>	<b>Late Afternoon- Start 5.00pm</b>
<b>Sunday</b>	Travel	Travel	Travel	Bike Assembly & Explore (for Sunday day time arrivals)
<b>Monday</b>	Yoga & Stretch  8am Welcome Breakfast (Venue TBC)	Introduction to Open Water Swimming and Racing (30 min classroom [TBC] and 60-90 minutes water)	Bike - Workshop & Skills (30 min classroom [TBC] and 60-90 minutes riding) Short Easy Led Group Ride with drafting/ race riding practice (Option for longer ride)	5:00pm - Core Workout  6:00 Planning Your Training Talk
<b>Tuesday</b>	Run - Drills Workout	Open Water Swim - Technique Development Session	Bike - Time Trial/Triathlon Training	Rest & Relax - or - 1-On-1 Training/Lifestyle Chat - or - 1-On-1 Swim/Run Technique Session - or - Sport Massage
<b>Wednesday</b>	Core Workout	Run - Threshold intervals  Followed by  Pool Swim - Technique Session	Bike - Long Steady Ride	Rest & Relax - or - 1-On-1 Training/Lifestyle Chat - or - 1-On-1 Swim/Run Technique Session - or - Sport Massage Session

<b>Thursday</b>	Core Workout	Bike - Long Ride	Run -Long Steady	Rest & Relax - or - 1-On-1 Training/Lifestyle Chat - or - 1-On-1 Swim/Run Technique Session - or - Sport Massage Session
<b>Friday</b>	Transition - Open Water Brick Session	Bike- Short Ride  Followed by  Pool Swim Session	Stretch & Rest	Race Q&A Followed By Registration
<b>Saturday</b>	End of Camp Training Events  Lanzarote Swim (8am – 1900 meters)	End of Camp Training Events  RnR Duathlon	Rest & Relax - or - 1-On-1 Training/Lifestyle Chat - or - 1-On-1 Swim/Run Technique Session - or - Sport Massage Session	Bike Packing, Awards & Party!
<b>Sunday</b>	Travel or Optional Training	Travel or Optional Training	Travel	Travel

\*Subject to change