

## **SAMPLE TRAINING CAMP SCHEDULE**

### **Week One:**

**Sunday - Camp starts 2pm** - OWS (shake out swim) in Lake Minneola + Epic Intro Coffee. Evening Nutrition seminar.

**Monday** - OWS @ Lake Minneola, Bike Skills and Brutal Brick Day (Lake Louisa) + transitions. Goal setting session in evening (Part 1)

**Tuesday** - NTC swim (morning) Supported Bakery Ride (85k + optional Sugarloaf add on)(afternoon) + bike maintenance seminar in the evening

**Wednesday** - Long Run - Clay trail (morning), Easy Spin / Recovery ride 90-120 minutes (late morning). Afternoon group mobility session. Goal setting session in evening (Part 2)

**Thursday** - NTC long course swim in a.m. + short strength session. Afternoon yoga class.

**Friday** - Van Fleet Ride (3-4 hours) + 20-30 minute run. Camp dinner out.

**Saturday** - Wintergarden Ride (~45 km). Camp ends at 2:00 pm

### **Week Two:**

**Sunday - Camp starts 2pm** - OWS (shakeout swim) - Minneola + Epic Intro Coffee. Evening Nutrition seminar.

**Monday** - NTC Swim (morning), Bakery Ride (85k-100k + option for Sugarloaf climb) + 30 minute run. Goal setting session in evening (Part 1)

**Tuesday** - Interval Ride on the Van Fleet Trail (up to 4-5 hours) + 30 minute run. Goal setting workshop in evening (Part 2)

**Wednesday** - Long Run + Intervals at race pace - Clay trail (morning), Easy Spin 2 hour (late morning), Bike maintenance seminar (late afternoon)

**Thursday** - “Brutal Brick Day” (Lake Louisa) + transition practice (morning), NTC swim long course (afternoon) + group mobility session

**Friday** - OWS, Sugarloaf Loop Ride (100k) (4-5 times 14k each loop) For those of you that were with us last year, the Sugarloaf loop has been recently repaved - no more bumpy descent! Camp Dinner out!

**Saturday** - Wintergarden Ride (~ 45 km). Camp ends at 2:00 pm