

Active at Altitude - Triathlon Technique and Conditioning Camp  
with Practical Coaching  
May 8-13, 2011

Sunday May 8

3:00-4:00 PM Arrive and check into rooms  
Group run - easy 4 miles around Lake Estes - concrete trail -  
5:00-6:00 Steve, Steven, Sarah  
7:00-8:00 Dinner  
8:00 > Introductions, ground rules and camp goals - Steve, Steven, Sarah,  
Terry

Monday May 9

5:15 AM Snack  
5:30-7:00 AM Swim workout - Estes Park Aquatic Center - Steve, Steven  
8:00-9:00 Breakfast  
9:30-11:00 Workshop - Open water swimming form - Steve, Steven  
11:00-12:00 PM Rest and Relaxation (R&R)  
12:00-1:00 Lunch  
1:00-3:30 Easy run - Steve  
3:30-4:30 Workshop - Run theory and form discussion - Steve  
4:30-6:00 R&R  
5:00-6:00 (Optional Short Bike Ride in Estes - Steven)  
6:00-7:30 Dinner  
7.30 - R&R

Tuesday May 10

6:30 AM Snack  
6:45-9:00 Tempo Ride - RMNP - Steve, Sarah, Brian  
9:00-10:00 Breakfast  
10:00-11:00 Workshop - Bike technique - Steve, Sarah, Brian  
11:00- 12:00 PM R&R  
12:00-1:00 Lunch  
1:00-3:00 Weight session - Brian  
3:00-4:00 R&R  
4:00-6:00 Nutrition session - Brian, Steven

Tuesday May 10 (continued)

6:30-7:30 Dinner  
8:00 - Inspiring Movie 1

Wednesday May 11

5:30- 6:45 AM (Optional Swim workout - Estes Park Aquatic Center)  
6:45AM Snack  
7:00-9:15 Bike ride - TBD location - Steve, Steven  
9:30-10:30 Breakfast  
10:30-12:00 PM Workshop - Race preparation and transitions - Steve, Steven  
12:30-1:30 Lunch  
1:30-4:00 Long run - Steve, Steven  
4:30-6:00 R&R  
6:30-7:30 Dinner  
8:00 - Inspiring movie 2

Thursday May 12

6:45 AM Snack  
7:00-8:30 AM Swim workout - Estes Park Aquatic Center - Steve, Brian  
8.30 -9.30 Breakfast  
9:30-11.00 Workshop - Training plans - Steve, Brian  
11.00-12.00 R&R  
12:00-1:00 PM Lunch  
1:00-2:30 Weights - Brian  
2:30-3:30 Easy run - Steve  
3:30-5:30 Shopping in Estes Park  
5:00-6:30 (Optional Ride to Glen Haven – Steven)  
6:30-7:30 Dinner  
8:00-9:00 R&R - massage?

Friday May 13

7:30-8:30 AM Breakfast  
Mock Tri - Estes Park Aquatic Center and surrounding area -  
Steve, Sarah, Steven  
8:30-10:30 R&R  
10.30-11.30 R&R  
11:30-12:30 PM Lunch  
12:30-2.00 Reviews, feedback, inspirations and farewells