

Training Program Triathlon, April 16 - 23, 2005



17-Apr Sunday	18-Apr Monday	19-Apr Tuesday	20-Apr Wednesday	21-Apr Thursday	22-Apr Friday
7:30 -10:00 Breakfast	7:30 -10:00 Breakfast	7:30 -10:00 Breakfast	7:30 -10:00 Breakfast	7:30 -10:00 Breakfast	7:30 -10:00 Breakfast
9:45 Reception, indoor swim gear	9:45 Reception, with wet-suit	TAKE A BREAK AND ENJOY SPAIN	9:45 Reception, ready for indoor swimming	9:30 Gym, indoor training gear	starting at 8:50, ready for long bike rides
10:00 - 11:30 Swim Training Tossa Introduction and assessment Technical training sessions	10:00-11:30 Wet-suit swim training Open water sessions at the shore Training sessions in pool (pack, tech.)		10:00 - 11:00 Swim Training Tossa some distance and drills	9:30 - 10:15 Core Strenght Training and Excercises	options: a/b: bike 112 or 74 miles (all day) c: 4 hrs bike ride, opt. run at 15:00
Picknick-Lunch	Picknick-Lunch		Picknick-Lunch, hang at Tossa beach, coffee	Bicycle rides, 44 / 62 / 84 miles Group 1 @ 10:45: start bike ride from resort towards Girona/Bonmati	Picknick-Lunch
13:30 - 17:00 Bike, Prologue, 42 M Evaluation ride	14:00, Reception, bike ready Bike: Climbing and Descending San Grau, 28 Miles or more 17:00 Trail run, 45 minutes easy		13:30 - 17:00 Bicycle ride, 44 miles north along the coast and up to Romanya	Group 2 @ 11:00: bike gear, drive in van to Quart, start bike ride towards Girona/Bon. Pic-nic lunch in el Mas Lluners back at resort around 17:00	15:00 - 16:30 run sessions optional
17:00 - 19:00 Soak in the pool			18:00 - 19:00 (Beach Bar) Discussion, Q&A Nutrition/Hydration	18:00 - 19:00 (Hotel yard) Discussion, Q&A Individual Training Plans	18:00 - 19:00 (Comedor) Discussion, Q&A general questions and feedback of the week
19:00 - 21:00 Dinner	19:00 - 21:00 Dinner		19:00 - 21:00 Dinner	19:00 - 21:00 Dinner	19:00 - 21:00 Dinner
20:30 - 21:30 (Comedor) Weekly plan General Q&A	20:30 - 21:30 (Comedor) Slide show of the day a couple of beers ect.		20:30 - 21:30 (Comedor) Tour de France Slide Show Clothing and gear, a couple of beers ect.	20:30 - 21:30 (Comedor) Slide show of race day	Party, Party, Party

Triathlon Alternative: Cycling only	Triathlon Alternative: Cycling only	Training Alternative:	Triathlon Alternative: Cycling only	Triathlon Alternative: Cycling only	Triathlon Alternative: Cycling only
Bicycle Ride (~ 9:30 - 16:00) Brunyola - 74 miles Bell Lloc - 41 miles	Bicycle Ride (~ 9:10 - 16:00) M.B. dels Angels - 79 miles M.B. dels Angels short - 59 miles	Tourist program Barcelona	Bicycle Ride (~ 9:10 - 16:00) Banyoles - 107 miles Banyoles short - 59 miles	Recovery bicycle ride (~9:10 - 13:00) Romanya - 47 miles	Bicycle Ride (~8:50 - 17:30) Turo de l'Homme - 112 miles (King's Stage) Brunyola - 74 miles

8:00 Coach departure for Barcelona Trip (1.5 hrs coach ride)	9:30 Coach departure to Figueres (1.5 hrs coach ride)
BARCELONA Day trip on your own (1.5 hrs coach ride) 19:00 back from Barcelona Trip	DALI MUSEUM + Figueres Village (1.5 hrs coach ride) 17:30 back from Figueres
cost: 25 Euro, sign-up at reception maximum sign-ups 54, currently 31	cost: 32 Euro, sign-up at reception minimum sign-ups 12, currently none