

Training Program Triathlon, April 9 -16, 2005



10-Apr Sunday	11-Apr Monday	12-Apr Tuesday	13-Apr Wednesday	14-Apr Thursday	15-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 departure to indoor swim training	9:45 Reception, with wet-suit	9:15 Reception, ready for bike ride	9:15 Reception, ready for bike ride	9:45 Reception, with swim gear	starting at 9:00 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.)	9:15 - 10:00 Drive in van to Riudellots de La Selva 10:00 start 44 M ride Girona/Bonmati	9:15 - 12:00 Bike ride San Grau Hill climbing and descending about 28 miles	10:00 - 12:00 Swim Training indoor pool technical training sessions and drills	options: a/b: bike 113 or 72 miles (all day) c: 4 hrs bike ride, opt. run at 15:00
Picknick-Lunch	Picknick-Lunch	Picknick-Lunch	Picknick-Lunch	Picknick-Lunch	Picknick-Lunch
13:30 - 16:30 Bike, Prologue, 42 M Evaluation ride	14:45, Reception, bike+ run gear Mini duathlon about 10 km on bike, 3 km run	14:00 ride finish in Riudellots van drive back to resort 16:00 Reception, Easy trail run	13:30 - 14:00 optional swim training, outdoor 15:00 - 16:00 Run training technical sessions	CAVEMAN TRIATHLON 15:00 - 17:00 Sprint-Triathlon Outdoor pool/beach	15:00 - 16:30 run sessions optional
16:00 - 19:00 Personal Time	18:00 - 19:00 (Comedor) Discussion, Q&A Hydration strategy	18:00 - 19:00 (Gymnasium) Discussion, Q&A Core Strength Training and Exercises	18:00 - 19:00 (Beach Bar) Discussion, Q&A Nutrition	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	19:00 - 21:00 Dinner
20:30 - 21:30 (Physio-room) Training Concept, Base training 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	20:30 - 21:30 (Comedor) Slide show of the day Clothing and gear, a couple of beers ect.	20:30 - 21:30 (Comedor) Slide show of race day	Party, Party, Party