



April Technical Training Camp 2008

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am							
8:30am							
9:00am		100km Ride	160-180km Ride	Run Workout Video Session	160-180km Ride	Run Workout Video Session	100km Ride
9:30am							
10:00am		Video Session	160-180km Ride	Swim Workout Video Session	160-180km Ride	Swim Workout Video Session	100km Ride
10:30am							
11:00am		Video Session	160-180km Ride	Swim Workout Video Session	160-180km Ride	Swim Workout Video Session	100km Ride
11:30am							
12:00pm		Video Session	160-180km Ride	Swim Workout Video Session	160-180km Ride	Swim Workout Video Session	100km Ride
12:30pm							
1:00pm		Video Session	160-180km Ride	Swim Workout Video Session	160-180km Ride	Swim Workout Video Session	100km Ride
1:30pm							
2:00pm		Video Session	160-180km Ride	Swim Workout Video Session	160-180km Ride	Swim Workout Video Session	100km Ride
2:30pm							
3:00pm		Video Session	160-180km Ride	Swim Workout Video Session	160-180km Ride	Swim Workout Video Session	100km Ride
3:30pm							
4:00pm		Video Session	160-180km Ride	Swim Workout Video Session	160-180km Ride	Swim Workout Video Session	100km Ride
4:30pm							
5:00pm	Athlete Arrival	Bike Fit and Video Feedback	160-180km Ride	Technical/Interval Session Cycling 50km	160-180km Ride	Technical/Interval Session Cycling 50 km	Wrap-up
5:30pm							
6:00pm	Dinner Pasta Factory	Bike Fit and Video Feedback	160-180km Ride	Technical/Interval Session Cycling 50km	160-180km Ride	Technical/Interval Session Cycling 50 km	Wrap-up
6:30pm							
7:00pm				Video Feedback		Video Feedback	