



www.smwtriathlon.org

***General Itinerary for 2011 USAT SMW Collegiate Skills Camp**

Friday, November 18th

1:00p-2:00p	Check-in @ <i>Brent House Hotel (Atrium)</i>
2:00p-2:15p	Welcome & Camp Outline @ <i>Brent House Hotel (Atrium)</i>
2:30p-4:00p	Run Videos & Dynamic Prep Drills @ <i>Jefferson Playground</i>
4:30p-6:00p	Swim Videos & Evaluation Benchmark @ <i>Elmwood Fitness (outdoor pool)</i>
6:30p-7:30p	Meet & Greet Mixer @ <i>Brent House Hotel (Atrium)</i>
7:30p	Dinner (on own)

*Outdoor activities & locations subject to change in the event of inclement weather

Notes:

Saturday, November 19th

7:00a-7:45a	Late Check-in & Breakfast @ Brenthouse (Atrium & Café Zucchini)
8:00a-8:30a	Discussion- <i>Why is my coach prescribing this workout?</i> @ Elmwood Fitness (Auditorium)
8:30a-10:00a	Swim Skills Through Drills @ Elmwood Fitness (outdoor pool)
10:15a-10:45a	Proper Bike Fit & Position @ Elmwood Fitness
11:15a-12:15p	Cycling Skills (draft legal segment) @ "Swim Hole" at Lake Pontchartrain
12:15p-1:15p	Lunch @ "Swim Hole" at Lake Pontchartrain
1:45p-2:00p	Transition Setup @ "Swim Hole" at Lake Pontchartrain
2:00p-3:00p	Open Water Swim Specific Skills & Transition Practice @ "Swim Hole" at Lake Pontchartrain
3:00p-4:30p	Draft Legal Practice @ Lake Pontchartrain (Lakeshore Dr)
5:00p-6:00p	Dinner & Nutritional Basics Presentation @ Elmwood Fitness (Aerobics Room D)
6:00p-8:00p	Swim & Run Video Review @ Elmwood Fitness (Aerobics Room D)

Notes:

Sunday, November 20th

7:00a-7:45a	Breakfast @ Brenthouse (Café Zucchini)
7:45a-8:15a	Discussion- <i>Mental Tools to Retain Presence & Focus @ Elmwood Fitness (Auditorium)</i>
8:30a-9:15a	Strength Training for Triathletes @ Elmwood Fitness
9:30a-10:00a	Run Dynamic Prep Drills @ Jefferson Playground
10:00a-10:45a	1st Annual USAT SMW Collegiate Camp 5K @ Jefferson Playground River Trail Entrance
11:00a-12:30p	Discussion- <i>Draft Legal Triathlon 101 & Qualifying for Nationals @ Elmwood Fitness (Auditorium)</i>

Notes: