



Votwo Triathlon Camp. Spain April – May 2012

Sample session week guide. (subject to change)

	AM	AM 2 / PM 1	PM2	PM3	Notes
Day 1	Welcome briefing Bike check/Easy ride	Pool Swim Tech Session Filming	Easy run + core conditioning / stretch	Training Zones Social	
Day 2	Various group rides + T Run	1-1 Swim reviews	OW Swim Tech with OW Swim TT	Nutrition 1 – Basics + Hydration	
Day 3	Brick Session Bike / Run / Bike Repeats inc.trans		Pool swim tech / recovery	Nutrition 2 - Race specific	
Day 4	Technical Day Swim tech / bike skills / run drills & tech			OW Aquathlon Relay + BBQ night	
Day 5	Core Conditioning / Yoga Various group rides	OW Swim tech	Run Pace Awareness / Tempo Intervals		
Day 6	Transitions / Pool Swim Tech		Tri Race / Team Relay Challenge	Tapas Evening & Quiz Social	
Day 7	Group Ride inc. 10km Hill Climb	Pool Swim Tech / Q&A Race Prep			