



"Project 20 Training Camp"

Welcome to the camp. The intent of this document is to give you an outline of the proposed training plan for this year's winter get-away. In no way does the author take any responsibility for any fear, apprehension or anxiety caused by the viewing of such content. You may even feel a hint of excitement.

Seriously though, what better way to share a week with your peers. Chasing your shadow in the pool as the sun beats down. Breaking through the clouds on the bike with grinding ascents and exhilarating down-hills. Digging in to hold your splits around the oval track or bounding uphill in a race for the TTT crown.

Of course sharing a glass or two in the evening with tales of the day to back it up needs no introduction!

Here we go:

Saturday 8th Feb

Full arrivals of the athletes. Building of bikes, tour of centre and briefing/overview of the week ahead.

6pm - 7pm SWIM (pool available until 8pm)

Team dinner for 2030hrs in restaurant.

Optional light training to loosen legs off, dependant on smooth arrivals of all.

Sunday 9th Feb

"A swim + bike + run + conditioning + mobility day"

0700- 0900

Poolside for land drills warm up. CSS test (50m pool 2 lanes)

BREAKFAST

1000-1130 All athletes hiring bikes to sort with Free-motion and collect bikes. You will need passport for identity and credit card for your deposit.

1200-1330 Bike/ Run brick. Meet at top entrance of T3 by reception in gear appropriate for 90 minute Run bike run bike run session. Using the track and local roads.

LUNCH

1630 NUTRITION SEMINAR @ HOTEL

1730-1830 Movement/ conditioning/ mobility on lawn at T3 - bring roller and bands if you have.

Monday 10th Feb

SWIM SESSION AM

9-10am FLUME SWIM ANALYSIS

10:15am leave BIKE – coastal ride

2pm lunch

AFTERNOON – review of video analysis (1-1 optional)

Evening drills session (EASY SESSION) in 50m pool (2 lanes)

Tuesday 11th Feb

"SWIM + Bike + Run day"

0715-0830 SWIM S&C WITH SWIM (on pool side) – Matt to lead

breakfast

1030-1300 Bike Hilly TT on 5 km climb. Meet at hotel reception at 10:15 for 10:30 depart.

LUNCH

1700-1730 pre mobility (with Matt)

1730-1830 Run intervals (aerobic) on track.

1900-2000 Open water swim skills and drills practice

Wednesday 12th Feb

Lie in

"Big bike day with evening swim as sun sets"

0830 group 1/0900 group 2-1400 Big bike day. Tiede short side ascent.

1800-2000 Swim set. (4 x 25m pool). Technique session.

Thursday 13th Feb (hire vehicle)

"Recovery from big day on bike"

0715 - 1300 Bike-swim-run-bike. Ride out to Medano beach. Open water swim sets (2-3K) in bay and run up red mountain. Ice cream and ride back to centre.

1800-2000 Swim set 2km (4 in 25m pool).

Friday 14th Feb (Happy Valentines Day)

"Another classic climb plus the TTT Team triathlon"

early leave essential 0715-1300 Bike ride. Masca Climb direct route. Meet at hotel reception.

LUNCH

1800-2000 TTT team triathlon. Swim bike run team challenge. 50m pool (lanes 0/1).

Saturday 15th Feb

0700-0900 Optional coastline run OR SWIM to shake down before travels

DEPARTURES & CAMP CLOSE.

So as you can see, some fun and games to be had! There is a real mix of energy requirements across the week with some days bringing multiple short and punchy workouts to the fore. Likewise, longer days in the saddle taking the opportunity to get the kind of riding done that our winter doesn't permit (easily). With multiple camps on this Island under our belt we have found that continuous slog days in the saddle do a great job of beating you up and can seem relentless. You will get a lot more from the overall experience as a triathlete with a cross section of physical and mental demands being placed upon you. What you do with them is up to you. You should certainly expect to find the flaws in your game; likewise your personal strengths will come to the fore too. The programme is fluid and can be ramped up or down dependant on the needs presented to us. With the number of people on the camp there is also the makings of a great beach volleyball competition for us - perhaps winners take all at the bar on Friday night?

See you on the sunny side!