

# SPORT

# SPEED LAB

## IM 70.3 Lubbock Training Camp

### Camp Schedule

- **Day 1**

- At MCM Eldorado Hotel conference room
- 6:00 – 6:30 - Introduction and Camp Schedule (MCM Eldorado Hotel conference room)
  - *Early morning. Please be on time. Introductions and discussion of how the weekend will go. Be swim ready, i.e. have your suit on under other clothes. See addresses.*
- At YWCA
- 7:00-8:00 – Swim
  - *Technique and form. This swim workout will be focused on technique and form. The coaches will use video to instruct each individual.*
- At Hutchinson Middle School track
- 8:45 – 9:30 – Track workout/how to run fast on a flat course
  - *After the track workout we're headed back to the MCM for a classroom session.*
- At MCM Eldorado Hotel
- 10:30 – 12:30 – Clinics- Race plan development; Nutrition for Long Course Triathlon; IM 70.3 Lubbock transition layout
- 12:30 – 2:00 – Lunch on own
  - *The camp staff will be heading to the Spiral Staircase to set up the tent, eat lunch and prepare for the hill workout. You are welcome to join us. Bring your own lunch.*
- At Spiral Staircase hill
- 2:00 – 2:30 – Clinic - Hill climbing technique
- 2:30 – 4:00 – Bike hill repeat workout on IM 70.3 Lubbock bike course
- 4:00 – 4:30 – Brick run
- 6:00 – 8:00 – Group Dinner (optional)
  - *Dinner is at the MCM Elegante hotel restaurant.*

- **Day 2**

- At Dunbar Park
  - *Meet at the Canyon Lakes east parking lot.*
- 6:15 – 6:45 – Clinic - Diaphragmatic breathing
- 7:00 – 7:30 – Open Water Swim Workout
  - *Endurance swim workout. Recon the swim course. Practice swim starts.*
- At Dunbar Park
  - *This parking lot is the transition area for the race. Discuss transition flow.*

- 8:30 – 1:00 – Bike the IM 70.3 Lubbock course
  - *We'll bike the course. There will be SAG support with water, Gatorade and other nutrition products. But, bring your own nutrition so you can practice what you plan to use on race day. We will have BASE Bars which will be on the course for race day.*
- 1:00 – 3:00 – Lunch on own
- At Dunbar Park
- 3:00 – 4:30 – Trail Run – Dunbar Park
- 6:00 – 8:00 – Group Dinner (optional)
  - *The dinner will be at Stella's Italian Restaurant.*
- **Day 3**
  - At Jones Stadium, Lot R15
  - 7:00-7:30 – Closing remarks
  - 7:30-11:00 Run IM 70.3 Lubbock course (1 or 2 loops)
    - *You are free to leave as soon as you finish your run.*