

SPORT

SPEED LAB

Presents

Arkansas Tri Training Camp

(Arkadelphia, AR)

DeGray Camp: Day 1

- 7:00a – 7:30a *Be ride/run ready; Pack for bike/run hill work; Travel to Park Office*
- 7:30a – 8:00a Introduction and Camp Schedule
- 8:15a – 8:45a Preparing Your Bike to Ride
- 9:00a – 9:45a Bike Hill Technique/Repeats
- 9:45a – 10:30a Run Hill Technique/Repeats
- 10:30a – 11:30a Lunch on your own
- 11:30a – 12:00p *Be tri ready; Pack swim, bike, & run gear for sprint tri; Travel to Boat Ramp*
- 12:00p – 12:30p Transition Clinic
- 12:45p – 1:15p Open Water Swim Skills/Clinic
- 1:15p – 2:00p Super Sprint Triathlon
- 2:15p – 3:15p *Shower; Snack; Regular clothes for clinic and dinner; Travel to Conference Room*
- 3:30p – 4:00p Planning Your Nutrition for the Long Workouts
- 4:15p – 5:00p Knowing Your Strengths and Weaknesses
- 5:30p – 7:30p Group Dinner Optional

DeGray Camp: Day 2

- 5:30a – 6:00a *Be bike ready; Pack yoga mat; Travel to Boat Ramp*
- 6:00a – 6:30a Diaphragmatic Breathing
- 7:00a – 11:30a Long Ride up to 4.5 hours
- 11:30a – 12:30p Lunch on your own
- 12:30p – 1:00p *Be open water swim ready; Pack run gear; Travel to Boat Ramp*
- 1:00p – 2:00p Open Water Swim
- 2:00p – 2:30p *Be run ready*
- 2:30p – 4:00p Trail Run/Walk
- 5:30p – 7:30p Group Dinner Optional

DeGray Camp: Day 3

- 7:00a – 7:30a *Be open water swim ready; Pack run gear; Travel to Boat Ramp*
- 7:30a – 8:00a Closing Remarks
- 8:00a – 8:30a Open Water Swim
- 8:30a – 9:00a *Be run ready*
- 9:00a – 11:30a Long Run up to 2.5 hours