

Schedule

Friday, April 22nd-Sunday, April 24th, 2022
1000 Hotel Ave, Burns, TN (Meeting Room A)

Friday

1:00 PM: Meet and Greet @ Meeting Room A

1:30 PM: Run (moderate ~45-60 min) out-and-back from the Lodge

3:00 PM: Motivation/Leadership Clinic, *Jim Green* @ Meeting Room A

4:30 PM: Performance Testing Seminar (VO2 Max, Threshold, Fuel Source, Body Composition, Etc.),
Transformat10n @ Meeting Room A

6:00 PM: Dinner at the Lodge Restaurant and Bar (on your own, but athletes can sit together)

Saturday

Breakfast on your own

7:00 AM: Swim Clinic @ Meeting Room A

7:30 AM: Swim at Acorn Lake

9:00 AM: Yoga, *Katie Cook* @ Meeting Room A

10:00 AM: Strength and Injury Prevention Clinic, (*Wolfe PT, Chase Batty*) @ Meeting Room A

11:00 AM: 70.3 Race Strategy & Race Day Nutrition Seminar @ Meeting Room A

12:00 Noon: Lunch provided by Working Triathlete (“Hoagie Bar”)

1:00 PM: Cycling/Bike Maintenance Clinic (*Bikers Choice Bike Shop*) @ Meeting Room A

2:00 PM: Long Ride [38 miles](#) or [58 miles](#)

6:00 PM: Dinner at the Lodge Restaurant and Bar (on your own, but athletes can sit together)

Sunday

Breakfast on your own

7:30 AM: Goal-Setting Clinic (*M2, Marshall Martin*)

8:30 AM: Run Drills/Run Form Clinic

9:00 AM: Long Run (Trails) [7 miles](#) or [10.3 miles](#)

11:30 AM: Recovery Seminar @ Meeting Room A

12:30 PM: Farewell/Optional Lunch On Your Own



ADDITIONAL INFORMATION

-The terrain around Montgomery Bell State Park is hilly. Make sure you have adequate gearing (bring a large cassette) and adjust your pacing for bikes and runs. Either a road bike or triathlon bike is appropriate. Bring a rear flashing light so that you can be seen.

-Don't forget your wetsuit!

-The ride on Saturday will be scalable. We will send out routes before the camp and we encourage you to upload them to your cycling computer for navigation purposes. There will be SAG support powered by Bikers Choice bike shop if you need assistance.

-Make sure you bring sufficient fluids and nutrition to the clinics and workouts. We will have samples of various nutrition products, but please be prepared and bring snacks. There is a snack bar and full-service restaurant on-site.

-Note that lunch (hoagie bar) is included on Saturday. But do not hesitate to bring your own food if that is preferred. The Lodge has a restaurant for other meals.

-If you have any dietary (or other) restrictions/allergies, please reach out to Conrad or Derek before the camp.

Don't hesitate to reach out to Conrad or Derek with any questions:

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