

Buffalo Springs Lake Triathlon Training Camp

(Lubbock, TX)

May 18-20, 2018

Day 1 (5-18-18)

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| 7:00 – 7:30 | Introduction and Camp Schedule |
| 7:30 – 8:00 | Clinic: Race plan development |
| 8:00 – 8:30 | Clinic: Planning nutrition for the weekend |
| 9:30 – 10:00 | Clinic: BSLT transition layout |
| 10:00 – 10:30 | Clinic: Open Water Swim starts |
| 10:30 – 11:00 | Open water swim on BSLT swim course |
| 11:30 – 12:30 | Run hill repeat workout on BSLT run course |
| 12:30 – 2:30 | Lunch on own |
| 2:30 – 3:00 | Clinic: Hill climbing technique |
| 3:00 – 4:00 | Bike hill repeat workout on BSLT bike course |
| 4:00 – 4:30 | Brick run |
| 6:00 – 8:00 | Dinner; BSLT course description and discussion |

Day 2 (5-19-18)

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| 6:30 – 7:00 | Clinic: Diaphragmatic breathing |
| 7:00 – 11:30 | Ride the BSLT bike course |
| 11:30 – 1:00 | Lunch on own |
| 1:00 – 2:00 | Open water swim on BSLT course |
| 2:30 – 4:30 | Run the BSLT run course; 1 or 2 loops |
| 6:00 – 8:00 | Dinner; Race plan discussion; closing remarks |

Day 3 (5-20-18)

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| 6:30 – 7:00 | Drive to BSL Park |
| 9:00 | Buffman and Squeaky Olympic Distance Triathlon race |