



Presents

Arkansas Tri Training Camp

(Arkadelphia, AR)

May 4-6, 2018

DeGray Camp: Day 1 (5-04-18)

- 7:15a – 7:30a *Pack swim, bike, & run gear for sprint tri; Bike available for maintenance clinic*
- 7:30a – 8:00a Introduction and Camp Schedule (Hampton Inn – Conference Room)
- 8:15a – 8:45a Planning Your Nutrition for the Weekend (Hampton Inn – Conference Room)
- 8:45a - 9:30a Knowing Your Strengths and Weaknesses (Hampton Inn – Conference Room)
- 9:45a – 10:15a Preparing Your Bike to Ride (Hampton Inn – Conference Room/Outside)
- 10:15a – 11:00a *Be tri ready; Snack; Travel to Boat Ramp*
- 11:00 – 11:30a Transition Clinic (Skyline Dr. Boat Ramp)
- 11:45a – 12:15p Open Water Swim (Skyline Dr. Boat Ramp)
- 12:15p – 1:00p Super Sprint Triathlon (Skyline Dr. Boat Ramp)
- 1:00p – 2:00p Lunch on your own
- 2:00p - 2:30p *Pack for bike/run hill work; Travel to Park Office*
- 2:30p – 3:15p Bike Hill Technique/Repeats (Park Office – Channel Rd.)
- 3:30p – 4:15p Run Hill Technique/Repeats (Park Office – Channel Rd.)
- 5:30p – 7:30p Group Dinner Optional

DeGray Camp: Day 2 (5-05-18)

- 5:30a – 6:00a *Be bike ready; Pack yoga mat; Travel to Boat Ramp*
- 6:00a – 6:30a Diaphragmatic Breathing (Skyline Dr. Boat Ramp)
- 7:00a – 11:30a Long Ride up to 4.5 hours (Skyline Dr. Boat Ramp)
- 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 (Skyline Dr. Boat Ramp)
- 2:00p – 2:30p *Be run ready*
- 2:30p – 4:00p Trail Run/Walk (Skyline Dr. Boat Ramp)
- 5:30p – 7:30p Group Dinner Optional

DeGray Camp: Day 3 (5-06-18)

- 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 (Skyline Dr. Boat Ramp)
- 9:00a – 11:30a Long Run up to 2.5 hours (Skyline Dr. Boat Ramp)