



Presents

Arkansas Tri Training Camp

(Arkadelphia, AR)

April 26-28, 2019

DeGray Camp: Day 1 (4-26-19)

- 7:15a – 7:30a *Pack swim, bike, & run gear for sprint tri; Bike loaded up*
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)
9:30a – 10:15a *Be tri ready; Snack; Travel to Boat Ramp*
10:15a – 11:00a Preparing Your Bike to Ride (Skyline Dr. 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 (4-27-19)

- 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 swim ready; Pack run gear; Travel to Henderson State*
1:00p – 2:00p Pool Swim (Henderson State University)
2:15p – 3:00p *Be run ready; Travel to Park Office*
3:00p – 4:30p Trail or Road Run/Walk (Park Office – Channel Rd.)
6:00p – 8:00p Group Dinner Optional

DeGray Camp: Day 3 (4-30-19)

- 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 (Iron Mountain Trail Head)