



Presents

Ironman 70.3 Lubbock Triathlon Training Camp

(Lubbock, TX)
May 25-27, 2019

Day 1: Saturday, May 25th

- 6:00 – 6:30 - Introduction and Camp Schedule
- 7:00-8:00 – Swim Workout
- 8:45 – 9:30 – Track workout/how to run fast on a flat course
- 10:30 – 12:30 – Clinics
 - Race plan development
 - Nutrition for Long Course Triathlon
 - IM 70.3 Lubbock transition layout
- 12:30 – 2:00 – Lunch on own
- 2:00 – 2:30 – Clinic - Hill climbing technique
- 2:30 – 4:00 – Bike hill repeat workout on IM 70.3 Lubbock bike course
- 4:00 – 4:30 – Brick run
- 6:00 – 8:00 – Group Dinner (optional)

Day 2: Sunday, May 26th

- 6:15 – 6:45 – Clinic - Diaphragmatic breathing
- 7:00 – 7:30 – Swim Workout
- 8:30 – 1:00 – Bike the IM 70.3 Lubbock course
- 1:00 – 3:00 – Lunch on own
- 3:00 – 4:30 – Clinic – Quick transitions and run/bike/run workout
- 6:00 – 8:00 – Group Dinner (optional)

Day 3: Monday, May 27th

- 7:00-7:45 – Swim workout
- 8:15-8:45 – Closing remarks
- 8:45-12:00 Run IM 70.3 Lubbock course (1 or 2 loops)