

# Pinnacle Training Systems

OFF SEASON SURVIVAL TRAIHLON CAMP AGENDA

## Friday October 14th, 2011

4:00pm-5:30pm

Arrival

**Also available during this time;**

- Free body composition testing
- Tire changing demo
- Bike safety rules
- Athlete mixer

5:30pm - 6:30pm

Dinner

6:30pm

Nutrition Through the Winter Months Seminar

7:30

Mixer

## Saturday October 15th, 2011

7:30am – 8:30am

Breakfast

9:00am - 11:00am

Swim Instruction (Yosemite High School Pool)

11:30am-12:00 pm

Clean Up

12:00pm -1:00pm

Lunch

1:15pm - 4:30pm

Bike (ready to ride)

- Short ride & long ride options
- Coaching Training

4:00pm - 5:00pm

Offseason Training Seminar

5:00pm - 6:00pm

Dinner

6:00pm

Mixer



**Sunday October 16th, 2011**

|                   |   |
|-------------------|---|
| 7:30am – 8:30am   | Breakfast   |
| 9:00am - 11:00am  | Run with drills <ul style="list-style-type: none"><li>• Long run/short run option</li></ul> |
| 11:00am – 12:00pm | Lunch   |
| 12:00pm – 1:00pm  | Boot camp/stretching  |
| 1pm - 2:00pm      | Q and A; weekend wrap up  |

**PLEASE NOTE AGENDA MAY CHANGE  
AN UPDATED AGENDA WILL BE AVAILABLE IN  
YOUR PACKET PICKUP ON YOUR ARRIVAL**

