

TEAM McGOVERN TRIATHLON WINTER TRAINING CAMP SCHEDULE

January 12-17, 2010

TUESDAY, JANUARY 12, 2010

AM - Swim videotaping plus analysis, swim workout.

LUNCH – Nutrition for training and racing discussion.

PM – F.I.S.T. Certified Bike fits, test rides.

DINNER - planning your 2010 season (Selecting your “A” races; creating a training plan)

WEDNESDAY, JANUARY 13, 2010

AM – Pool Swim workout, Run videotaping plus analysis.

LUNCH - Personal athletic histories and goals

PM – Cycling techniques (pack riding, etiquette, intervals, drafting, passing, cadence, pacing, etc.), Metabolic testing for cycling

DINNER - Applying Heart Rate and Power Principles.

THURSDAY, JANUARY 14, 2010

AM – Open Water Swimming Skills. Transition mastery.

LUNCH - Mental strategies.

PM – Track workout. Interval training. Metabolic testing for running.

DINNER – Damage limitation strategies

FRIDAY, JANUARY 15, 2010

AM – Pool Swim workout, strength and flexibility, core work

LUNCH – Common injuries, identification, prevention and treatment

PM – Brick workout, bike to run

DINNER – Physiology of Fitness

SATURDAY, JANUARY 16, 2010

AM – Open water swim training. Brick workout, swim to bike.

LUNCH - Equipment selection discussion (running and cycling shoes, wetsuits and goggles, bicycles and helmets, etc..., keeping current with the state of the art)

PM – Flat tire clinic, cycling cornering workshop

DINNER – Pre-race strategies

SUNDAY, JANUARY 17, 2010

AM – Sprint Triathlon race, post-race analysis.