

# campLPC2016 \*tentative schedule (revised 28Feb2016)

## Friday March 4

Campers arriving throughout day :)

**2:00pm** **Grocery shuttle** from campLPC HQ

## Saturday March 5

Campers arriving throughout day :)

**8:00am** Depart campLPC HQ and drive to Lake Louisa State Park to watch the ITU Pan American Cup Mens and Womens Triathlons

**10:00am** Start of ITU Pan American Cup - Women

**11:30am** Start of ITU Pan American Cup - Men

**12:45pm** Depart Lake Louisa State Park and return to Emerald Island Resort

**2:00pm** **Grocery shuttle** from campLPC HQ (and on the way back from Lake Louisa)

## Sunday March 6

**7:15am** Depart Camp Houses for Orange Lake Resort. Bring gear for swim, run, and exercises.

**7:30am** **Run:** 20' easy from River Island

**8:00am** **Exercises:** 20' of dynamic stretching and exercises at River Island

**8:30am** **Swim:** ~1h with Open Water Sims at River Island

**1:00pm** **Seminar:** 20' Intro to Group Riding at campLPC HQ (immediately before bike ride)

**1:30pm** **Bike:** from campLPC HQ. ~30k or ~45k or ~60k. "Reunion Crit" route. All easy to moderate. Group paceline and cornering practice.

**6:00pm - 6:30pm** Camp Registration (return camp balance form) at campLPC HQ

**6:30pm - 8:00pm** **Pot-luck "Meet & Greet" Social** at campLPC HQ

## Mon March 7

**6:45am** Depart Camp Houses and drive to NTC. Bring all swim & run gear. Lunch will be provided during seminar.

**7:30am** **Run:** 30' to 1h with drills, pick-ups, and hills at NTC Track

**9:30am** **Swim:** 1h to 90' technical swim with video capture

**11:30am** Lunch provided in the Conference Room

**11:45am** **Seminar:** with Professional Triathlete Lionel Sanders

**12:15pm** **Seminar:** Race-Day Hydration and Fueling with Coach Mark Linseman

**1:00pm** **Seminar:** Q&A with campLPC2016 Coaches & Pros

**1:30pm** **Grocery shuttle** enroute from NTC to Camp Houses

**4:30pm** **Bike:** from campLPC HQ. ~90' within Emerald Island Resort. Basic handling, cornering, balancing, and group riding skills. Wear cycling gloves.

## Tues March 8

**9:00am** **Seminar** at campLPC HQ: 20' Basic Bike Maintenance with campLPC Bike Mechanic Ryan Power

**9:30am** **Bike** from campLPC HQ: moderate out-and-back ride to Allen's Café in Windermere. 43k to Allen's Café. Full ride 86k.

**Run** from campLPC HQ: (day off running or 3k or 6k or 9k or 12k) off bike relaxed ez to mod from campLPC HQ

**4:30pm** **optional camp social:** relax at Camp Houses or Main Club House Pool or River Island and/or shopping at Premium Outlets and/or Group Dinner

## Wed March 9

**7:30am** Depart Camp Houses and drive to Lake Louisa State Park with ALL gear and plenty of nutrition (consume snacks before Exercise session)

**8:15am** **Brick:** **bike/run** intervals and transition practice

**Noon** **Exercises:** Gentle Yoga for ~30'

**12:45pm** **Swim:** open water swim for ~30' (starts, exits, T1, sighting, navigation)

**1:30pm** **Grocery shuttle** enroute from Lake Louisa Park to Camp Houses

**4:30pm** **optional camp social:** relax at Camp Houses or Main Club House Pool or River Island and/or shopping at Premium Outlets and/or Group Dinner

## Thurs March 10

**7:15am** Depart Camp Houses for Orange Lake Resort. Bring gear for swim, run, and exercises.

**7:30am** **Run:** 20' easy from River Island

**8:00am** **Exercises:** 20' of dynamic stretching and exercises at River Island

**8:30am** **Swim:** ~1h with Open Water Sims at River Island

**11:15am** Depart campLPC HQ and drive to Marsh road and park at plaza by Hagan O'Reilly's Irish Pub. Bring all bike gear.

**Noon** **Bike:** Long ride to Sugarloaf Hill. ~72k or ~95k or ~125k or ~160k

## Fri March 11

**7:00am** Depart campLPC HQ and drive to Orange Grove Trail.

**7:30am** **Run:** Long run with drills (45' upwards to 2h) over the beautiful rolling Orange Grove Trail.

**9:30am** Depart Orange Grove Trail and drive to Emerald Island Resort

**Noon** **Bike:** Longish moderate ride from campLPC HQ. ~30k or ~50k or ~75k or ~100k. "Western Way to Hartzog Loop".

**6:30pm** **Camp Social and Dinner**

## Sat March 12

**10:30am** Check-out of all Camp Houses by 10:30am

Campers depart throughout day :)

## Notes:

Schedule is subject to change due to weather, fatigue levels, etc.

Arrive and be ready at least **5'** prior to stated (or revised) time for each listed workout

If you would like your bike to be transported to a workout, drop your bike off at campLPC HQ at least **15'** before the departure time

All swims/bikes/runs will be separated into three or four different groups based on duration, pace, current level of fitness, current level of ability