



SCHEDULE
ITU Technical Official Level 1 Seminar
Aqaba, Jordan – 16-17 November, 2016

Day	Date	AM Training	PM Training	Education
Thu	10	Swim	Run	Camp opening
Session		Aerobic & skills	Threshold 4-5km at Threshold Drills and stretching prior	Discuss camp guideline and team culture
Facility		Pool		
Fri	11	Bike	Swim	Nutrition
Session		Aerobic ride and skills assessment Skills assessment Aerobic group ride for advanced. More skills for intermediate	Aerobic + Threshold Total 800m at Threshold Skills and Drills	Nutrition for performance
Facility		Large area for skills and local roads	Pool	Classroom with AV
Sat	12	Run	Gym	Equipment
Session		Aerobic + Pickups Aerobic run with 6x30sec pickups Drills and stretching prior	Stretching / Strength and Conditioning Stretching sports and body weight strength exercises	Equipment for training and racing in triathlon
Facility		Local roads	Gym room. No equipment need	Classroom with AV
Sun	13	Bike/Transition	Run	4 Pillars of performance
Session		Aerobic+Threshold+Transition Short skills refresher Aerobic ride with 2x5min at Threshold. Transition skills after	Tempo Intervals 4-5km at tempo Drills and stretching prior	Mental, Physical, Tactical, Technical
Facility		Large Area for skills and local roads	Track	Classroom with AV
Mon	14	Gym	Swim	Race Plans and Re
Session		Stretching/Strength and Conditioning Stretching and body weight strength exercise	Aerobic + Threshold Total 400m at Threshold Skills and Drills	Plan for a race Reflect on performance Final prep for West Asian Champs
Facility		Gym room. No equipment needed	Pool	Classroom with AV
Tue	15	Run	Bike/Transition	
Session		Taper set Total of 2km at Threshold Drills and stretching prior	Aerobic + Pickups + Transitions Short skills refresher	
Facility		Track	Large area for skills and local roads	
Wed	16	Swim		
Session		Aerobic & skills Aerobic condition session Re-assess skill level of athletes		
Facility		Pool		