



As of 18012019

2019 RAYONG ITU DEVELOPMENT SOUTH EAST ASIAN CONTINENTAL CAMP



	20	21	22	23	24	25	26	
Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
700	Arrival of athletes and coaches	Breakfast	Breakfast I	Breakfast	Breakfast I	Transition Open	Departure of athletes and coaches	
730			Activation		Activation			
800		Camp Introduction	Run: Tech + Vo2	Swim: Open Water	Swim - Speed + Vo2			
830					Run - Strides	Rayong ASTC Triathlon Asian Cup Men 9:00 Women 9:15		
900			Breakfast II	Bike: Transition Skills	Breakfast II			
930		Swim: Speed + Test + Skills	Swim : Tech + LT + Skills	Run - OTB	Coaches Workshop			
1000								
1030						Award Ceremony		
1100								
1130								
1200			Lunch	Lunch	Lunch	Lunch		
1230								
1300								
1330								
1400			Bike: Skills	Camp Education: Mental Skills	Bike: Group Work			
1430			Run: Aerobic					
1500								
1530			Camp Education: Race Goal Setting LTAD	Bike	Camp Education: Pillars of Triathlon	Bike Check + Race Briefing		Departure of athletes and coaches
1600								
1630								
1700								
1730	Staff Meeting and Checking of Facilities							
1800		Dinner	Dinner	Dinner	Dinner			
1830								
1900	Informal Dinner with Coaches and Athletes	Coaches Workshop	Coaches Workshop	Coaches Workshop				
1930								
2000								