

ASTC -ITU athlete development Camp, Choplon Ata / Kyrgyzstan

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
29 June	30 June	01 July	02 July	03 July	04 July	05 July
ATHLETE ARRIVALS	BREAKFAST 7:00	BREAKFAST 7:00	BREAKFAST 7:00	BREAKFAST 7:00	BREAKFAST 7:00	BREAKFAST 7:00
	Briefing 9:00 intro					
	Bunch ride					
	LAKE SWIM recovery	SWIM pool test 200/400	LAKE SWIM	SWIM Speed pool	LAKE SWIM - BIKE bricks	ATHLETE DEPARTURES
	10:00	8:30	9:00	8:30	9:00	
LUNCH 13:00	LUNCH 13:00	LUNCH 13:00	LUNCH 13:00	LUNCH 13:00		
			BIKE RUN bricks	RUN Ana.set.	RUN	
		RUN track test 3000	16:00	16:30	16:30 aer	
	RUN easy recovery drills	17:00				
	17:30					
DINNER 19:00	DINNER 19:00	DINNER 19:00	DINNER 19:00	DINNER 19:00	DINNER 19:00	
	Briefing 20:00 warp up	Briefing 20:00 warp up	Briefing 20:00 warp up	Briefing 20:00 warp up	Briefing 20:00 warp up	