**2020 Hatsukaichi ASTC - ITU Paratriathlon Development Continental Camp Schedule**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Session No.** | **Session type** | **Session goal** |
| 18 April |  | ArrivalsTeam meeting | Introduction |
| 19 April (Day1) | Session 1Session 2Session 3Session 4 | Team MeetingSwimRun |  |
| 20 April (Day 2) | Session 1Session 2Session 3Session 4 | Team MeetingSwimbikeRun | Review previous sessions Pace change and skill developmentGroup rideDrills and skills |
| 21 April (Day 3) | Session 1Session 2Session 3Session 4 | Team MeetingSwimBikeRun | Race intensity preparationGroup ride for race preparationRace intensity preparation |
| 22 April (Day 4) | Session 1Session 2Session 3Session 4 | Swim at the race siteBikeRunTeam meeting | Open water swim at race siteAerobic rideAerobic runReview  |
| 23 April(Event official program) | Session 1Session 2Session 3 | Bike & runClassificationRace briefing | Short Activation ride and run |
| 24 April(Event official program) |  | Race Day |  |
| 25 April(Event official program) |  | Departures |  |