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

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Session No.** | **Session type** | **Session goal** |
| 18 April |  | Arrivals  Team meeting | Introduction |
| 19 April (Day1) | Session 1  Session 2  Session 3  Session 4 | Team Meeting  Swim  Run |  |
| 20 April (Day 2) | Session 1  Session 2  Session 3  Session 4 | Team Meeting  Swim  bike  Run | Review previous sessions  Pace change and skill development  Group ride  Drills and skills |
| 21 April (Day 3) | Session 1  Session 2  Session 3  Session 4 | Team Meeting  Swim  Bike  Run | Race intensity preparation  Group ride for race preparation  Race intensity preparation |
| 22 April (Day 4) | Session 1  Session 2  Session 3  Session 4 | Swim at the race site  Bike  Run  Team meeting | Open water swim at race site  Aerobic ride  Aerobic run  Review |
| 23 April (Event official program) | Session 1  Session 2  Session 3 | Bike & run  Classification  Race briefing | Short Activation ride and run |
| 24 April (Event official program) |  | Race Day |  |
| 25 April (Event official program) |  | Departures |  |