

**2022 Nur Sultan Asia Triathlon - World Triathlon Development Continental Camp**

	JUL 24 <sup>th</sup>	Day 1 July 25 <sup>th</sup>	Day 2 July 26 <sup>th</sup>	Day 3 July 27 <sup>th</sup>	Day 4 July 28 <sup>th</sup>	Day 5 29 JUL	
08:00	Welcome	<b>Breakfast</b>					
08:30							
09:00		<b>Dynamic stretching Pre-session Briefng</b>					
09:30		Physical Maturaton – Test	6-min run test (SMRT) + Technical Profile (Run)		Technical Profles (Bike)	Technical Profles (Swim) Fixing technique faws + Swim session	Technical Profles (T1-T2)
10:00							
10:30							
11:00							
11:30		30' aerobic run	CORE + dynamic stretching session				
12:00							
		<b>Post session briefng</b>					
12:30		<b>Lunch</b>					
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00		Critical Swim	Swim session	Technical Profles (run)	Technical Profles (Bike)	Camp closure	
16:30		Speed Test + Technical Profile	– Understanding your training	Fixing technique faws +	Fixing techniquefaws		
17:00							
17:30		(Swim)	zones	5km run test			
18:00		Coach & athletes briefng	Coach & athletes briefng	Coach & athletes briefng	Coach & athletes briefng		
18:30	Welcome Meeting						
19:00							
19:30		<b>Dinner</b>					
20:00							
20:30							
21:00							
21:30			Webinar	Webinar			
22:00							