

SCHEDULE

2015 BURABAY ASTC - ITU DEVELOPMENT CAMP

BURABAY, KAZAKHSTAN – 6-9 AUGUST 2015

	August 6, 2015	August 7, 2015	August 8, 2015	August 9, 2015
6:00	Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast
7:00	7:15 TRAVEL	7:15 TRAVEL	7:15 TRAVEL	7:15 TRAVEL
7:30	INTRO	testing	speed	distance
8:00	activation			
8:30	assessment of group			
9:00	COACH MEETING (60min)	COACH MEETING (60min)	COACH MEETING (60min)	COACH MEETING (60min)
9:30	Breakfast @ 9am	Breakfast @ 9am	Breakfast @ 9am	Breakfast @ 9am
10:30	10:45 READY	10:45 READY	10:45 READY	10:45 READY
11:00	Bike check	group ride assessign group skills	Pace line technique	testing TT power vs climbing Looping(Crit) Corners
11:30				
12:00	drills			
12:30	skills			
13:00				
13:30	lunch	lunch	lunch	lunch
14:00	lunch	lunch	lunch	lunch
15:30	15:45 READY	15:45 READY	15:45 READY	15:45 READY
16:00	activation & DWU	assessment @ track	cross country venue	WU, DWU, St, prime
16:30	drills	WU, DWU, St, prime	1km loop (?), Drills	Drills, M A v T
17:00	fundamentals	Drills, 4x1600 (90)	observation of LT,	10x100 VO2
17:30		CD & ART (x3)	plyo intro, hill techn.	CD & ART (x3)
18:00	COACH MEETING (60min)	COACH MEETING (60min)	COACH MEETING (60min)	COACH MEETING (60min)
18:30	Diner	Diner	Diner	Diner
19:00	Diner	Diner	Diner	Diner