



YBCC RACING/JOE FRIEL 2018 TRIATHLON TRAINING CAMP SCOTTSDALE, ARIZONA



SCHEDULE OF EVENTS

	Thursday, March 15*	Friday, March 16*	Saturday, March 17*	Sunday, March 18*
6-7am		Breakfast on your own	Breakfast on your own	
7-8am		Open Water Swim Clinic	30 min Big Training Day Do's & Don'ts Talk	Breakfast on your own
8-9am		Open Water Endurance Swim	Endurance Bike (Up to 3 hrs) + Transition Run (Up to 60 mins)	Long Endurance Run (up to 2 hrs)
9-10am		30 min Transition Run		Brunch
10-11am		Rest/Travel/Off	Rest/Travel/Off	Seminar #4: Going Long - Focus on 70.3 & Full Ironman Training & Racing
11-12pm		Lunch on your own	Lunch on your own	
12-1pm		Rest/Travel/Off	Rest/Travel/Off	Q & A, Book Signing and Goodbye
1-2pm		Bike Handling Clinic	Swim Technique Clinic	
2-3pm		2 hr aerobic Endurance Bike	Individual Swim Feedback (30 mins each in Groups of 10)	
3-4pm	Check In & Welcome	Core/Strength/Functional Movement & Injury Prevention Workoutshop	Hot Tub/Sauna/Shower/Relax @ Ocotillo	
4-5pm	Running Technique Workshop			
5-6pm	Easy/aerobic Run	Dinner & Seminar	Dinner & Seminar	
6-7pm	Welcome Dinner & Seminar	#2: Older, Faster, Stronger	#3: Training Peaks 101	
7-8pm	#1: Training Bible 101			

*Specific Locations, Exact Times and any other relevant information will be distributed to camp participants in early March

Training Camp Elements	Rest/Travel to next Event/Off	Meals on your Own
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REGISTRATION DETAILS - Contact Klas Kuntze (klas@coachklas.com, 602-663-5653) for Registration and with Questions

Early Registration
\$599 - register on or before Jan 15

Registration
\$649 - register on or before Feb 15

Late Registration
\$699 - register on or before Mar 12

Registration Fee includes:

5 Specific Clinics (Run/Bike/Open Water Swim/Pool Swim & Core/Strength), 4 Seminars with four different specific topics, 4 meals, up to 13 hours of workout time, goodie bag including camp swim cap and signed Joe Friel Book of your choice**

**Must be registered by March 2 to receive the book of your choice - Options are: 1) Training Bible, 2) Going Long, 3)Fast after 50