

Thursday, August 5 – Travel Day

Friday, August 6

6:30 am: Breakfast at hotel
 7:15 am: Load Up/Transport to RecPlex
 8:00-9:00 am: Check In/Equipment Fit
 9:00-9:20 am: Welcome/Intro
 9:30-11:00 am: Swim/Functional Strength
 11:15 am-12:45 pm: Swim/Functional Strength
 1:00-2:00 pm: Lunch at RecPlex (Subway)
 2:15-3:45 pm: Biking/Running/Pushing
 4:00-5:30 pm: Biking/Running/Pushing
 5:30-6:15 pm: Shower/Change (RecPlex)
 6:30 pm: Dinner at Mason's

Saturday, August 7

6:30 am: Breakfast at hotel
 7:30 am: Load up/Transport to RecPlex
 8:00 am: Arrive at RecPlex
 8:30-9:30 am: Open Water Swim/Transition
 9:45-10:45 am: Open Water Swim/Transition
 11:00-11:30 am: Course talk
 11:45 am-12:45 pm: Lunch at RecPlex (Cousins Subs)
 1:00-2:30 pm: Biking/Running/Pushing
 2:45-4:15 pm: Biking/Running/Pushing
 4:30-5:15 pm: Shower/Change (RecPlex)
 5:30 pm: Dinner at RecPlex (Olive Garden)
 7:15 pm: S'mores at hotel

Sunday, August 8

4:30 am: Breakfast at hotel
 5:15 am: Load up/Transport to RecPlex
 6:00 - 6:45 am: Transition set up
 7:00-10:00 am: Tri It Triathlon Race
 10:00 am: Post-Race Breakfast
 11:30 am: Camp concludes