

THURSDAY (TRAVEL DAY)

5:30 PM Group arrives from Midway airport
6:30 PM Dinner at hotel

FRIDAY (DAY 1)

7:00: AM Breakfast at hotel
7:45 AM Load up/Transportation to Munster High School
8:00 AM - 9:00 AM Unload/Set Up
9:00-9:20 AM Introductions
9:30-10:45 AM Swim Session/equipment fitting and functional strength
11:00 AM-12:15 PM Swim Session/equipment fitting and functional strength
12:30-1:15 PM Lunch
1:30-2:45 PM Bike/Run Groups
3:00-4:15 PM Bike/Run Groups
4:30-5:30 PM Yoga/Recovery Techniques
5:30-6:15 PM Shower up at High School
6:30-7:00 PM Load up/Transport to Dinner
7:00 PM Dinner

SATURDAY (DAY 2)

6:45 AM Breakfast
7:30 AM Load up/Transportation to Wolf Lake Park
8:30-9:00 AM Unload/Maintenance/equipment check
9:00-10:30 AM Bike/Run Groups
10:45 AM -12:00 PM Bike/Run Groups
12:00-1:00 PM Lunch
1:15-2:15 PM Transition, Paratri 101 and Course Talk
2:45-4:00 PM Open Water Swim
5:00 PM BBQ dinner at park

SUNDAY (RACE DAY)

TBA Leon's Triathlon