

Thursday - Travel Day

Friday - Day 1

7:00 am: Breakfast (hotel)

7:45 am: Load Up/Transport

8:30 am: Check In/Welcome/Intro

9:00-9:30 am: Equipment Set Up/Maintenance

9:30 am -12:00 pm: Triple Brick/T2 practice

12:00 pm: Load Up/Transport

12:30-1:30 pm: Lunch

2:00-4:00:pm Pool Swim Skills & Recovery Techniques

4:00 pm: Showers

5:00 pm: Load Up/Transport

6:00 pm: Dinner

Saturday - Day 2

6:30 am: Breakfast (hotel)

8:00 am: Load up/Transport to RecPlex

9:30-10:30 am: Swim Familiarization/T1 Practice

11:00 am -12:30 pm: Q&A (rules, classification, Nationals/ITU etc.)/Course Preview/Lunch (in rotating groups)

1:00-2:30 pm: Bike Handling Skills and/or Prerace Shake Out Ride or Run

2:45-3:30 pm: Breath Work Session

4:00-5:00 pm: Packet Pick up/Course Talk

5:30 pm: Dinner

Sunday – Pleasant Prairie Triathlon

4:00 am: Breakfast

4:30 am: Load up/transport to Pleasant Prairie Triathlon

7:05 am: Para Division Begins