



**Triathlon Run & Swim Skills Camp
National Training Center
March 6-7, 2020
Clermont, FL**

Friday, March 6

- 07:30 - 07:45 AM **Clinic Check-In**
- 07:45 - 08:30 AM **Welcome and Introductions – Boardroom**
Loryn Rossmiller
- 08:45 - 10:15 AM **Run Assessment and Video - Field**
Shelly O’Brien: USAT Level III
- 10:30 - 12:00 PM **Swim Assessment and Video - Pool**
Shelly O’Brien: USAT Level III
- 12:00 - 01:00 PM **Lunch**
- 01:00 - 02:30 PM **Run Video Review - Boardroom**
Shelly O’Brien: USAT Level III
- 03:00 - 04:30 PM **Run Mechanics and Fitness Training - Track**
Shelly O’Brien: USAT Level III

Saturday, March 7

- 08:00 - 10:00 AM **Swim Video Review - Classroom A/C**
Shelly O’Brien: USAT Level III
- 10:15 - 12:15 PM **Swim Mechanics and Fitness Training - Pool**
Shelly O’Brien: USAT Level III
- 12:15 - 01:15 PM **Lunch**
- 01:15 - 02:15 PM **Open Water Swim Training - Pool**
Shelly O’Brien: USAT Level III
- 02:30 - 03:30 PM **Triathlon Specific Strength Training – Pool Bleachers**
Shelly O’Brien: USAT Level III
- 03:30 - 04:00 PM **Wrap-up**
Shelly O’Brien: USAT Level III