



KONA/AZ IM Rehearsal Camp at Slowtwitch Ranch
Sept 22-24, 2017

Fri 9/22

12:30-2:00pm	POOL TECHNIQUE, PACING & ENDURANCE (Dry Town Water Park. 3850-B East Ave S, Palmdale CA 93550)
2:30-3:30pm	LATE LUNCH & CAMP WELCOME & INTROS AT ST RANCH
4:00-6:00pm	BIKE SKILLS & HILL REPEATS RIDE
6:30-7:15pm	HAPPY HOUR, PRESENTATION & DISCUSSION RACE & TRAINING NUTRITION & HYDRATION
7:15-9:00pm	DINNER & SOCIALIZING

Saturday 9/23

6:30-8:00am	BREAKFAST & DAY REVIEW
8:30-3:30pm	LONG BIKE RIDE – 120 Miles Lap 1 - (ST House to Hwy 2) Lap 2 – (ST House to Palmdale) (OPTIONAL) 10-30 MIN TRANSITION RUN OFF BIKE
5:00-5:30pm	BASIC BIKE MAINTENANCE & SPEED TIRE CHANGING
5:30-6:30pm	HAPPY HOUR, PRESENTATION & DISCUSSION RACE EXECUTION, KEY PRACTICES & DETAIL PLANNING
6:30-8:00pm	DINNER & SOCIALIZING Q & A WITH 2 TRIATHLON LEGENDS – MONTY & DAN E

Sunday 9/24

6:30-7:30am	BREAKFAST & DAY REVIEW
7:30-8:00am	Travel to SILVERWOOD LAKE
8:00-9:30am	SWIM (Open water skills & straight swim at SILVERWOOD LAKE)
9:30-10:00am	RUN TECHNIQUE SESSION
10:00-3:00pm	LONG RUN-BIKE-RUN (4-5 hours)
2:30-3:30pm	(Optional) Cool down in Lake
3:30-5:00pm	CLEAN-UP & REST TIME
5:00-6:00pm	HAPPY HOUR & Q & A
6:00-7:00pm	DINNER at ST Ranch
7:00-9:00pm	DRIVE HOME AFTER TRAFFIC (Optional to stay over and drive back Monday AM)