



## **B78 Coaching and Get Ugly Racing Official ITU Long Distance World Championship Camp Itinerary**

**Thursday, July 20<sup>th</sup>**

**Session #1**

**Time: 8:00am**

**Location: Penticton Lakeside Resort**

**Meet and Greet**

**Duration: 1hr**

This will be your first opportunity to meet the coaches and your fellow camp participants. We will be handing out some awesome goodie bags, running through the camp itinerary and answering any questions you might have about the camp schedule. Please come prepared to run, swim and have a change of clothes for the seminar and lunch taking place after the morning activities.

**Session #2**

**Time: 9:30am**

**Location: The Peach**

**Training Session: Long Run**

**Duration: 90min**

This will be an opportunity for athletes to run on the ITU World Long Course run course. The run distance will range from 15-21km. This run will be fully supported with coaches and two aid stations.

**Session #3**

**Time: 11:30am**

**Location: The Peach**

**Training Session: Easy swim**

**Duration: 30min**

This will be an easy recovery swim to stretch out after the run

**Session #4**

**Time: 12:15pm**

**Location: Hooded Merganser**

**Lunch**

**Seminar**

**Time 1:15pm**

**Location: Penticton Lakeside Resort- Merlot Room**

**Duration: 90 minutes**

This seminar will cover the tactical aspects of the ITU World Long Course event. We will discuss critical aspects of the course; appropriate pacing and you will get some expert tips from Jeff Symonds on how to make your race day the best one yet.



**Session #5**

**Time: 4pm**

**Location: Location: Penticton Lakeside Resort- Parking Lot**

**Training Session: Easy bike**

**Duration: 90min**

This will be an easy recovery bike covering the first section of the ITU World Long Distance Championships

**Friday, July 21<sup>st</sup>**

**Session #1**

**Time: 7:00am**

**Location: Penticton Lakeside Resort- Parking Lot**

**Training Session: Bike/Run**

**Duration: 5hrs.**

This workout will be an opportunity for athletes to experience the full ITU Long Distance bike course. Get an intimate look at the course you will be doing in just over one month. The ride will be fully supported with vehicles, coaches and ride leaders. The bike will be followed by a 15 minute run off the bike along Lakeshore drive (the first part of the ITU World Long Course Championships run course)

**Session #2**

**Time: 12:30pm**

**Location: Hooded Merganser**

**Lunch**

**Time: 1:30pm**

**Location: Penticton Lakeside Resort- Merlot Room**

**Seminar**

**Duration: 90 minutes**

This seminar will cover nutrition strategies for training and racing and specific strategies you can use during the ITU World Long Distance Championships and the Challenge Penticton Olympic Distance.

**Session #3**

**Time: 4pm**

**Location: Penticton Lakeside Resort- Merlot Room**

**Training Session: Yoga (optional)**

**Duration: 1 hour**

This will be a light one hour yoga session geared to triathletes. Special attention will be paid to those areas most affected by swimming, biking and running.

**Saturday, July 22<sup>nd</sup>**

**Session #1**

**Time: 8am**



**Location: The Peach**  
**Training Session: Swim**  
**Duration: 90min**

This will be a full swim of the ITU World Long Course Championship swim as well as an introduction to the Challenge Penticton Olympic distance swim course

***Session #2***

**Time: 10am**  
**Location: The Peach**  
**Training Session: Easy run**  
**Duration: 30 minutes**

This will be a short run along Lakeshore drive so athletes can see the first (and last) section of the ITU World Long Course run course

***Session #3***

**Time: 11am**  
**Location: Penticton Lakeside Resort- Merlot Room**  
**Seminar-Motivational Talk with Jeff Symonds**  
**Duration: 90min**

This will be an opportunity to listen to Jeff Symonds at his finest. Learn about his journey in the sport, what makes him tick and his advice on how to step up on race day.

**Time: 12:30pm**  
**Location: Hooded Merganser**  
**Lunch**

***Session #4***

**Time: 3pm**  
**Location: Penticton Lakeside Resort- Parking Lot**  
**Training Session: Easy Bike**  
**Duration: 90min**

This will be an opportunity to ride the Challenge Penticton Olympic distance bike course. This will be a fully supported ride with van support, ride leaders and coaches.

**Sunday, July 23<sup>rd</sup>**  
**Challenge Penticton Olympic Distance**