

MON	TUE	WED	THU	FRI	SAT	SUN
			<p>Diary Entry Athletes Arrive</p> <p>(7:30 PM) Social Event Dinner Pool Bar - Optional</p>	<p>(8:00 AM) Diary Entry Intro Meeting</p> <p>(10:00 AM) Swim - Training Camp sessions Relax session 3000 m 1:00:00 hr</p> <p>(1:00 PM) Bike Set up and check</p> <p>(1:30 PM) Bike Day 1 - Steady aerobic - 30 to 40km. 40 km</p> <p>(5:00 PM) Run Day 1 - steady aerobic - 5 to 8km 6 km</p>	<p>(8:00 AM) Swim - Training Camp sessions 2km to 3.5km 3 km 1:15:00 hr</p> <p>(11:00 AM) Bike - Long Ride Tabeyesco Attack 85 to 110km 90 km</p> <p>(5:00 PM) Strength Training Stretch and Core Stability session 30:00 min</p> <p>(6:30 PM) Social Event Sundowners</p>	<p>(8:00 AM) Swim - Aerobic - 3 to 3.5km pyramide 3500 m</p> <p>(11:30 AM) Run 8 to 12km steady aerobic 10 km</p> <p>(3:00 PM) Bike El Golfo Loop - 65 to 80km 70 km</p> <p>(7:30 PM) Social Event Dinner La Plaza - Optional</p>
<p>6</p> <p>(9:00 AM) Run - Track Workout Half IM / IM pace session - 8 to 16km</p> <p>(2:30 PM) Swim - Training Camp sessions Aerobic Endurance Swim 2 to 4km 4000 m 1:30:00 hr</p> <p>(4:00 PM) Strength Training Core Stability session 30:00 min</p>	<p>7</p> <p>Key Training Day</p> <p>(9:00 AM) Brick Session Key - Brick session - Long session</p> <p>(5:00 PM) Swim - Open Water Open water 1 to 3km</p> <p>Social Event Dinner Pool Bar - Optional</p>	<p>8</p> <p>Other Easy Recovery day</p> <p>(8:30 AM) Run Wake up jog - 3 to 8km 6 km</p> <p>(11:00 AM) Bike - Recovery Ride Recovery spin 20 to 40km 30 km</p> <p>(2:30 PM) Swim - Training Camp sessions Recovery Session - 1.5 to 3km 2000 m 1:00:00 hr</p> <p>(6:00 PM) Social Event Beach Volley Ball / Sundowners</p>	<p>9</p> <p>Key Training Day</p> <p>(9:00 AM) Bike - Long Ride Monster Day - 100 to 200km - includin...</p>	<p>10</p> <p>Key Training Day</p> <p>(9:00 AM) Run - Long Run Longer aerobic run - 10 to 30km 15 km</p> <p>(3:00 PM) Strength Training Stretch and Core Stability session 30:00 min</p> <p>(5:00 PM) Swim Longer Over distance session - 2 to 4k.. 4000 m 1:30:00 hr</p>	<p>11</p> <p>(9:00 AM) Bike 40 to 60km steady aerobic</p> <p>(2:00 PM) Swim steady aerobic session - 1.5 to 3km 1:00:00 hr</p> <p>(6:00 PM) Social Event End of Camp sundowners and Awards...</p> <p>(7:30 PM) Social Event Dinner In Village at Alma - Optional</p>	<p>12</p> <p>Diary Entry Athletes Depart</p>