



**PACIFIC NORTHWEST
REGION**

JUNIOR TRIATHLON CAMP

June 14 – 16

***Sponsored by* GOLD'S GYM – BOISE IDAHO**

CAMP AGENDA

DAY 1

TIME	EVENT / SESSION
8:30 – 9:00	REGISTRATION
9:00 – 9:15	INTRODUCTIONS
9:15 – 9:30	LECTURE: WHAT IS TRIATHLON? > SPORTS INVOLVED > BASIC EQUIPMENT > AGE-APPROPRIATE DISTANCES
9:30 – 10:45	BIKE PRACTICAL - BASIC SKILLS / TECHNIQUE > TRAINER SESSION > BASIC SKILLS / TECHNIQUE
10:45 – 11:00	LECTURE: NUTRITION/HYDRATION > WHAT/WHEN TO EAT/DRINK
11:00 – 11:15	BREAK
11:15 – 12:00PM	RUN PRACTICAL > BASIC SKILLS / TECHNIQUE
12:00 – 12:15	LECTURE: SAFETY & RULES
12:15 – 1:00	SWIM PRACTICAL > BASIC SKILLS / TECHNIQUE > NON SWIMMERS & SWIMMERS
1:00PM	WRAP-UP / REVIEW NEXT DAY AGENDA



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DAY 2

TIME	EVENT / SESSION
8:00 – 8:30	CHECK-IN
8:30 – 8:45	LECTURE: SPEED TRI LAKE CASCADE > COURSE REVIEW
8:45 – 9:30	SWIM PRACTICAL > SET UP T1 > STARTS & EXITS > PRACTICE T1
9:30 – 9:45	LECTURE: PACING – GO OUT EASY!
9:45 – 10:00	BREAK
10:00 – 11:00	BIKE PRACTICAL > SET UP T2 > 7-10YR OLDS – BIKE HANDLING > 11-15 – MOUNTS/DISMOUNTS > 16-19 – MOUNTS/DISMOUNTS > PRACTICE T2
11:00 – 11:15	BREAK – TRANSITION TO TRACK
11:15 – 12:00PM	RUN PRACTICAL – TEAM PACING > 7-10YR OLDS > 11-15 > 16-19
12:00PM	WRAP-UP / REVIEW NEXT DAY AGENDA



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DAY 3

TIME	EVENT / SESSION
8:00 – 8:30	CHECK-IN
8:30 – 8:45	LECTURE: PRACTICE TRIATHLON
8:45 – 9:30	> SET UP TRANSITION AREA > STARTS & EXITS > PRACTICE T1 & T2
9:30 – 9:45	BREAK
9:45 – 11:00	PRACTICE RACE > 7-10 - 100M SWIM/5KBIKE/1KRUN > 11-15 - 200M SWIM/10KBIKE/2KRUN > 16-19 - 400M SWIM/15KBIKE/5KRUN
11:00 – 11:15	BREAK
11:15 – 12:00PM	WRAP-UP / REVIEW NEXT DAY AGENDA