



Adult Fantasy Camp Schedule

Early Arrival Day – Wednesday		
Time	Activity	Location
12:00PM-2:00PM	Check-in/Registration	Athlete Welcome Center at Olympic Training Center
2:00PM-2:30PM	Campus Tour	Olympic Training Center Campus
2:30PM-3:00PM	Travel to USOC HQ	
3:00PM-4:00PM	USOC Archives Tour	USOC HQ
4:00PM-4:30PM	Travel Back to OTC	
2:00PM-5:00PM	Bike set-up with Bike Mechanic	Bronze Room
5:00PM-7:00PM	Open Gym Hours	Ted Stevens Center
Day 1 – Thursday		
Time	Activity	Location
12:00PM—1:30PM	Check-in Registration/Gear Try-on	Gold Room/Athlete Welcome Center at Olympic Training Center
1:30PM—7:00PM	Bike set up with Camp Mechanic	Bronze Room
1:30PM-2:15PM	Camp Welcome/Introductions/Overview	Gold Room
2:15PM-2:30PM	Walk to Bronze Room	Bronze Room
2:30PM-3:00PM	Ride to Memorial Park	Memorial Park
3:00PM-4:45PM	Bike Skills Session and Transitions Practice	Memorial Park
4:45PM-5:00PM	Ride Back to OTC	
5:00PM-5:20PM	Walk to Ted Stevens Center	
5:30PM – 6:30PM	Dynamic Strength Session	Ted Stevens Training Center
6:30PM-6:40PM	Walk to Dorms to change	Dorms
7:15PM-8:30PM	Welcome Reception and Dinner	Olympic Training Center Rotunda
	Bikes to be loaded up in Truck before Friday	

Day 2 – Friday		
Time	Activity	Location
6:00AM—6:45AM	Breakfast	Athlete Dining Hall
6:45AM—7:30AM	Transport to GOG	
7:30AM-9:30AM	Pack riding and skills session	Garden of the Gods
9:30AM-10:15AM	Transport Back to OTC	
10:15AM-10:30AM	Walk to Ted Stevens	Ted Stevens Training Center
10:30AM-12:00PM	Run Drill and Technique session	Ted Stevens Training Center
12:00PM—1:00PM	Lunch	Athlete Dining Hall
1:10PM-1:20PM	Walk to HATC	HATC
1:30PM-3:00PM	High Performance Testing	HATC
3:00PM-3:10PM	Walk to Aquatics Center	Ted Stevens Training Center
3:15PM-3:45PM	Swim Technique Discussion	Aquatics Center
3:45PM-5:15PM	Swim Technique and drill Evaluation	Aquatics Center
6:00PM-6:45PM	Dinner	Dining Hall
6:45PM-7:00PM	Walk to Athletics Demo	
7:00PM-8:00PM	Athlete Demo	TBD
Day 3 – Saturday		
Time	Activity	Location
6:00AM-6:45PM	Breakfast	Athlete Dining Hall
6:50AM-7:30AM	Transport to Ride	
7:45AM—9:45AM	Mountain Ride	TBD
9:45AM – 10:30AM	Trail Run Brick	TBD
10:40AM-11:20AM	Transport to OTC	
11:15AM – 12:15PM	Lunch	Athlete Dining Hall
1:00PM – 3:00PM	Swim Video Analysis/Olympic Athlete Stinger Session	Aquatics Center
3:00PM-5:00PM	Strength and Conditioning Session	Ted Stevens Center
5:00PM—6:00PM	Dinner	Athlete Dining Hall
6:00PM – 7:00PM	Boxing Demo	Boxing Gym, Gym 12

Day 4 – Sunday		
Time	Activity	Location
6:15AM—6:45AM	Breakfast	Athlete Dining Hall
6:50AM—7:00AM	Walk to Ted Stevens	
7:00AM-8:30AM	Run Form Analysis and Hill Repeats	Ted Stevens Training Center
9:00AM-10:30AM	Open Water Swim Simulation and Drills	USOC Aquatics Center
11:00PM—12:00PM	Lunch	Athlete Dining Hall
12:15PM -1:00PM	Travel to the Incline	
1:00PM-3:45PM	THE INCLINE	Manitou Springs, CO
3:45PM-4:15PM	Transport to OTC	
4:15PM-5:00PM	Change and Pack	
5:00PM-5:30PM	Transport to Cheyenne Mountain Resort	
5:30PM-8:30PM	Athlete Celebration and Dinner	Cheyenne Mountain Resort
8:30PM-9:00PM	Transport to OTC	

Tempe Camp Schedule

Day 1- Tuesday January 21st		
Time	Activity	Location
8:00AM-9:00AM	Athletes arrive and Check-in	Arizona State University
9:00AM-10:00AM	Camp Welcome and Introductions	Arizona State University
10:30AM-12:00PM	Bike Skills and Transitions	ASU Athletics practice fields
12:30PM-1:30PM	Lunch	
1:45PM-3:15PM	Swim: Race simulation and swim form analysis	Mona Plummer Aquatic Complex
3:15PM-4:15PM	Recovery time	ASU Sports Complex
4:30PM-5:30PM	Track session with drills and technique correction	ASU Track Complex
6:15PM-8:00PM	Dinner and Opening Ceremonies	
Day 2-Wednesday January 22nd		
Time	Activity	Location
6:30AM-7:15AM	Breakfast	
7:30AM-11:00AM	Brick workout: how to get free time in transition	ASU Sport Complex
11:30AM-12:30PM	Tour of ASU Athletic Facilities and Hall of Fame	ASU Sport Complex
12:45PM-1:45PM	Lunch	
2:00PM-3:30PM	Swim: Open water simulation	Mona Plummer Aquatic Complex
4:00PM-5:00PM	Strength Session	ASU Strength Complex
5:30PM-6:30PM	Q&A with Coaches Parker Spencer and Cliff English	
7:00PM-9:00PM	Explore Downtown Tempe/Dinner	
Day 3- Thursday January 23rd		
Time	Activity	Location
6:30AM-7:15AM	Breakfast	
7:30AM-9:00AM	Group Ride: Group and paceline skills	Tempe and surrounding areas
9:30AM-11:00AM	Swim workout: Speed Development	Mona Plummer Aquatic Complex
11:30AM-1:00PM	Lunch and closing ceremonies	
Endurance Exchange Starts		