



# ADULT FANTASY CAMP SCHEDULE

Subject to change

<b>Day 1 – Thursday, May 16<sup>th</sup></b>		
<b>Time</b>	<b>Activity</b>	<b>Location</b>
12:00PM—3:00PM	Check-in Registration	Athlete Welcome Center at Olympic Training Center
3:30PM—4:00PM	Welcome/Camp Overview/Introductions	Silver Room; Olympic Training Center
3:45PM—7:00PM	Bike set up with Camp Mechanic	Elite Paratri Room
4:00PM—6:00PM	Run Drills and Run Form Clinic	Olympic Training Center Gym
7:00—7:15PM	Group Photo	Olympic Training Center
7:15PM-8:30PM	Welcome Reception and Dinner	Olympic Training Center Rotunda
<b>Day 2 – Friday, May 17<sup>th</sup></b>		
6:30AM—7:30AM	Breakfast	Athlete Dining Hall
7:30AM—9:00AM	Swim Session and Underwater Video Analysis	Olympic Training Center Aquatics Complex
9:30AM—11:00AM	Strength Session for Triathletes	Ted Stevens Center
11:30AM—12:30PM	Lunch	Athlete Dining Hall
12:30PM—2:30PM	Garden of the Gods Trip	Garden of the Gods
	We will leave campus and head over to one of Colorado's most iconic landscapes. Garden of the Gods is registered as a National Natural Landscape. 300-foot towering sandstone make this natural landscape a destination not to be missed. Athletes will have the opportunity to tour the formations during a 2 hour hike	
3:00PM—5:00PM	Underwater Analysis Review and Private Tour of Olympic Training Center	Olympic Training Center
	Athletes will receive a copy of their swim files. Following the evaluations, Athletes will receive an Olympic Training Center Campus Private VIP Tour from one of the resident athletes.	
5:00PM—6:00PM	Group Run Session	Olympic Training Center
7:00PM-9:00PM	Dinner in Colorado Springs	IvyWild School
<b>Day 3 – Saturday, May 18<sup>th</sup></b>		
6:30AM—7:30AM	Breakfast	Athlete Dining Hall
8:00AM—9:30AM	Cycling Tour of Garden of the Gods & Climbing Drills	Garden of the Gods
10:30AM—12:00PM	Track Work for Triathletes	Colorado College
12:30PM—1:30PM	Lunch	Athlete Dining Hall
1:30—3:00PM	High Performance Testing	Olympic Training Center
3:00PM—4:30PM	Nutritional Seminar	Training Kitchen
4:30PM—5:30PM	Group Run (Optional)	Olympic Training Center
6:00PM—7:00PM	Dinner	Athlete Dining Hall
7:00PM—8:30PM	One-on-One Athlete Meetings with Coaches	Olympic Training Center
<b>Day 4 – Sunday, May 19<sup>th</sup></b>		
6:30AM—7:30AM	Breakfast	Athlete Dining Hall
8:00AM—10:30AM	Group Bike Ride	
10:30AM-12:00PM	Bike Break Down	
12:00PM—1:00PM	Lunch	Athlete Dining Hall
1:45PM-3:30PM	THE INCLINE	Manitou Springs, CO
5:00PM	Athlete Celebration and Dinner	Restaurant 1858/Seven Falls