

# SUMMER CAMP PROGRAMME – International School San Patricio Toledo

Camp Name - **Triathlon**

2023

All	2 July Sun	3 July Mon	4 July Tue	5 July Wed	6 July Thur	7 July Fri	8 July Sat	9 July Sun	10 July Mon	11 July Tue	12 July Wed	13 July Thur	14 July Fri	15 July Sat
Breakfast 8:30-9:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00-11:00		Training Planning Ppt	Training 3 "Strength and Conditions"	Long Bike Ride	Training 6 "Running / Core"	Training 6 T1 "Indoor Cycling"	Training 9 Long Bike Ride	Open water swimming	Sport Science Evaluation Vo2 Max, cadence, body type	Training 12 "Strength and Conditions"	Natural Environment Trekking	Training 15 "Running + Bike"	Final Competition	Departure Morning, farewell and activities
11:00-11:30		Snacks	Snacks		Snacks	Snacks				Snacks		Snacks	Snacks	
11:30-13:00		Training1 "Indoor Cycling"	Training 4 "Indoor Cycling"		Training 7 "Serial training"	Training 7 T2 "Indoor Running"			Sport Science Evaluation Vo2 Max, cadence, body type	Training 13 "Running+Bike"		Training 16 "Running + Bike"	Final Competition	
13:00-14:00		Swimming Pool			Swimming Pool				Swimming Pool		Swimming Pool			
Lunch 14 :00-15 :00		Lunch	Lunch		Lunch	Lunch	Lunch		Lunch	Lunch	Lunch	Lunch		
15:00-16:30		Triathlon Ppt 1	Triathlon Ppt 2		Transitions	Analysing Transitions	History of Triathlon		Nutrition 1	Nutrition 2	Olympics	Paralympics		
16:30-17:00	Arrival Day	Training 2 "Recovery Running + Stretching"	Training 5 "Technical and Streching"		Training 8 Pre-transitions	Training 8 Mini Trial	Training 10 Natural Training		Training 11 "Indoor Cycling"	Training 14 "Core/ stretching"	Urban Zipline	Basics before a competition	Prize giving & Send-off Party	
17:15-18:30	Facilities Tour	Swimming Pool		Swimming Pool			Swimming Pool		Swimming Pool					
18:30-19:30	Accomm odation Welcome Party Games	Shower												
19:30-20:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:30 - 22:00	Introductory games	The Night Challenge	Humor Festival	Sports Cineforum	Old City Tour	The Night Challenge	Big Games 1	Sports Cineforum	Big Games 2	Night Gymkhana	Sports Cineforum	Old City Games	Night Bye Bye Party	
22:00-22:30	Lights Off													