

HOLIDAY TRAINING CAMP

Dec 26-30th : Daily 9:15-11am

MONDAY

DEC 26

Nutrition Clinic (45 min) + Indoor Ride (60 min)

TUESDAY

DEC 27

Running Biomechanics & Drills (45 mins) + Track Workout (45min)

WEDNESDAY

DEC 28

Transition Clinic (45 min) + Brick Intervals (60 min)

THURSDAY

DEC 29

Strength for Endurance Athletes (60 min) + Yoga (45 min)

FRIDAY

DEC 30

Q & A with local Pro + 60 min Time Trial- Beat the Pro!

PRESENTED BY:

