

Annapolis Running and Triathlon Spring Training Camp 2018

SCHEDULE (subject to adjustment)

Thursday, March 22

6:00-7:00 pm at Annapolis Running Shop, 172 Main St, Annapolis

Optional pre-camp meet and greet

Early registration

Overview of camp schedule and objectives

Discussion of desired camp outcomes

Saturday, March 24

8:00 am -12:30 pm at Annapolis Running Shop, 172 Main St, Annapolis

Registration, introductions, brief review of schedule, objectives and desired outcomes

Clinic: Training concepts

Clinic: Running

Coached distance run with tempo segment (part of A10 course, with tailored distances and paces)

Clinic: Injury prevention and stretching

Optional: Gait analysis and massage

1:00-4:00 pm at Arundel Olympic Swim Center, 2690 Riva Road, Annapolis

Clinic: Swim training and racing, with lunch

Coached group masters swim workout (with ABC lanes based on ability)

Clinic: Running and triathlon training, intro to racing (with breakout groups for runners and triathletes)

Sunday, March 25

8:00-9:15 am at Bates Track: Meet in parking lot of Maryland Hall, 801 Chase St, Annapolis

Orientation to running track intervals

Coached group track interval workout (with tailored distances and paces)

9:30 am-Noon at Pip Moyer Recreation Center, 273 Hilltop Lane, Annapolis

Clinic: Running and triathlon racing specifics (with breakout groups for runners and triathletes)

Clinic: Strength and flexibility

Optional: Exercise equipment orientation

12:30-3:30 pm at Bike Doctor Arnold, 953 Ritchie Hwy, Arnold

Clinic: Biking, with lunch

Coached group bike ride (20 miles, with tailored pace groups)

Closing thoughts, feedback and evaluation

Optional: Bike fit analysis