



Lake Placid Training Camp Agenda

Thursday (June 21st) -

7:00 – Breakfast In (bagels and coffee provided at Guide House)
8:00 to 9:00 – Athlete/Coach meeting – Welcome Athletes!
9:30 to 11:30 – Bike Fittings at High Peaks Cyclery
9:30 to 11:00 – Mirror Lake Swim TT (1 loop TT)
12:00 to 1:30 – Provided Lunch (Subway)
2:30 – 2 hour easy ride Transition to a 60-75 min steady run
4:00 to 7:30 – Bike Fittings at High Peaks Cyclery
6:00 – Provided Dinner in
8:00 to 9:00 – Sport Nutrition Talk at Guide House

Friday (June 22nd) -

7:00 – Breakfast In (bagels and coffee provided at Guide House)
7:30 – Easy 1 loop swim Mirror Lake
9:00 – Long Ride of 5-6 Hours, Transition to 20-30 min Run easy (ride will be on IM bike course)
3:00 to 6:00 – Massage with Be Well Boston
6:00 to 7:30 – Provided Dinner Out
8:00 to 9:00 – Q/A Session with QT2 Coaches (Tim, Cait, Pat, & Jesse)
*Topics: Training, Nutrition, Fueling, Execution, Race Experiences, etc.

Saturday (June 23rd) -

7:00 – Breakfast In (bagels and coffee provided at Guide House)
8:00 to 10:00 – 2 loop swim in Mirror Lake
11:00 to 1:30 – 10 mile Bike Time Trial. Total ride time 90-120 mins Transition to steady 40-60 min run.
2:00 to 7:00 – Bike Fittings at High Peaks Cyclery
3:00 to 8:00 – Massage with Be Well Boston
6:00 to 9:00 – Provided Dinner In
– Lake Placid Course Overview from Pro Cait Snow (2008 winner) and Pro Tim Snow (Twice top-10 overall)

Sunday (June 24th) -

6:30 to 11:00 - Massage with Be Well Boston
7:00 – Breakfast In (bagels and coffee provided at Guide House)
8:00 to 10:30 – 2 hours easy ride (optional)
8:00 to 10:30 - Bike Fittings at High Peaks Cyclery
11:00 to 1:30 – 1.5-2.0 hour run (on IM marathon course)
2:00 to 3:00 – Provided Lunch and Closing Remarks Back at the Conference Room – End of Camp, head home and recover