

2009 Ironman Training Camp Schedule

July 24th – July 26th

Friday, July 24th –

- 12:00 pm – Camp Kickoff at Trek West with an overview of weekend activities.
- 12:30 pm – Lecture on IMWI swim training / OW swimming tips for IMWI.
Workouts / discussion.
- 1:30 pm - Commute to Middleton Pool for 4-5km swim
- 3:00 pm – Easy ride ending at Trek West Store.
- 4:00 pm – Trek Bike, Timex GPS, Power Tap Demo's...available to use Sat/Sun.
- 6:00 pm – Dinner provided – location TBA
- 7:30 pm – Lecture on riding IMWI course, using HR / power. Prepare for tomorrow.

Saturday, July 25th -

- 6:00 am – Breakfast on your own
- 7:00 am– Ride IM course from Trek West Store, sag/nutritional support provided.
There will be a 50 and 100 mile option.
- 12:00 pm – Transition Run 15-60minutes starting and ending at transition site.
- 1:00 pm – Lunch provided at Trek West Store.
- 1:30 pm – Nap / Personal Time
- 3:30 pm - 60min Open water swim at Monona Terrace. Transportation Provided.
- 5:00 pm – Lecture at Trek West on run training / pacing / racing at IMWI.
- 6:30 pm - Dinner provided – location TBA
- 8:00 pm - Post dinner Q&A

Sunday, July 26th

- 7:00 am – Breakfast on your own
- 8:00 am – Long Run of 1.5-2.5hrs
- 11:00 am - Light Lunch provided / Race Week & Taper Tips
- 12:00 pm – Q&A - Closing

Please Contact Blake Becker for more information via email at blakebeck@gmail.com or call him at 608-219-7447.