



AthletiCamps Six Day Camp Schedule

The following is the schedule for performance testing and endurance camps.

Tuesday

- 4:00 PM – Introductions, preview of camp
- 6:00 - Dinner

Wednesday

- Morning – Performance testing and bike fitting at the AthletiCamps Training Center in Folsom, CA.
- Noon – Lunch
- 4:00 – Review of testing results, training discussion, question and answers
- 6:00 - Dinner

Thursday

- 9:00 AM – Group ride of 3-4 hours in the Sierra foothills with a focus on using the data from the performance testing, on the bike coaching, training focus of **SFR's**
- 1:00 – Lunch
- 2:00 – Afternoon ride (optional); individual ride coaching
- 3:00 – Individual coaching consultations focused on testing results and training program development
- 6:00 – Leave for dinner and continued training discussions

Friday

- 9:00 AM – Group ride of 3-4 hours in the Sierra foothills with a focus on using the data from the performance testing, on the bike coaching, training focus of **Sprinting and Anaerobic work**
- 1:00 – Lunch
- 2:00 – Afternoon ride (optional); individual ride coaching
- 3:00 – Individual coaching consultations focused on testing results and training program development
- 6:00 – Leave for dinner and continued training discussions

Saturday

- 9:00 AM – Group ride of 3-4 hours in the Sierra foothills with a focus on using the data from the performance testing, on the bike coaching, training focus of **aerobic work/hill climbing/descending**
- 1:00 – Lunch
- 2:00 – Afternoon ride (optional); individual ride coaching
- 3:00 – Individual coaching consultations focused on testing results and training program development
- 6:00 – Leave for dinner and continued training discussions





Sunday

- 9:00 AM – Group ride of 2-3 hours in the Sierra foothills with a focus on using the data from the performance testing, on the bike coaching
- 1:00 – Check out
- 3:00 – Individual coaching consultations focused on testing results and training program development

Note – Schedule may change. Athlete will be given a final schedule upon arrival to the camp.

Nutrition consultation will occur ongoing during the week.

