



## AthletiCamps Weekend Camp Schedule

The following is the schedule for weekend camps.

### Saturday

- 8:30–3:00 PM – Performance testing at the Bicycle Emporium in Auburn, CA. Each athlete will have an approximant appointment time.
- Noon – Lunch
- 3:00–5:00PM – Ride with a focus on Slow Frequency Repetitions (SFR's)
- 5:00–7:00PM – Review of performance testing results, training, discussion

Nutrition consultations are ongoing throughout the day.

### Sunday

- 9:00 AM – Group ride of 4+ hours in the Sierra foothills with a focus on using the data from the performance testing, on the bike coaching
- 3:00 PM – Continued discussion on training with athletes

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

