



AthletiCamps Camp Schedule

Friday – April 16th

- 9:00 –3:00 PM – Performance testing and bike fitting at AthletiCamps Training Center. Each athlete will have an approximant appointment time.
- Noon – Lunch
- 3:00–5:00PM – Review of performance testing results, training, discussion

Saturday – April 17th

- 9:00 AM – Group ride with a focus on using the data from the performance testing, on the bike coaching, and skills
- 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.

AthletiCamps Training Center
7610 Folsom-Auburn Road - Suite 130
Folsom, CA. 95630

