

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.
- 12:15 pm – Lecture on IMWI swim training / OW swimming tips for IMWI.
Workouts / discussion.
- 1:15 pm - Commute to Lake Monona for open water swim
- 3:15 pm – Trek Madone, Timex GPS, Power Tap Demo's. You can rent a Power tap for \$25 for the weekend (reserve ahead of time)
- 4:00 pm – 90minute Easy ride starting and ending at Trek West Location
- 6:30 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 or provided for a cost of \$10
- 8:00 am – Ride IMWI course from Trek West Store, sag/nutritional support provided.
There will be a 1 loop and 2 loop option.
- 1:00 pm – Transition Run 15-60minutes starting and ending at transition site.
- 1:30 pm – Lunch provided at Trek West Store.
- 2:00 pm – Nap / Personal Time
- 4:00 pm – Lecture at Trek West on run training / pacing / racing at IMWI.
- 6:00 pm - Dinner provided – location TBA
- 7:30 pm - Post dinner Q&A

Sunday, July 26th

- 6:00 am – Breakfast on your own or provided for a cost of \$10
- 7:00 am – Long Run up to 3hrs
- 10:00 am - Light snack/lunch provided
- 11:00 pm – Swim at Middleton High School, transportation provided.
- 1:00 pm - Race Week & Taper Tips, Q&A. Raffle and Closing

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