

Triathlon BC Youth/Junior Spring Camp Victoria 2018

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A. Training Centre Location

The Saanich Commonwealth Place, 4336 Elk Lake Drive; Victoria B.C. Saanich Commonwealth Place can be reached from the Elk Lake Dr. exit or the Royal Oak Dr. exit off of Hwy 17. All swim sessions and seminars will be conducted at Commonwealth Place. Cycling workouts will be conducted on the roads in the surrounding community (mostly rural), and the running workouts will be conducted at the nearby Elk Lake.

B. Drop-off / Pick-up Schedule

Please note that the following times indicate the *start* of the first session, and the *end* of the last session, each day. Athletes should arrive at the center 5 -10 minutes before the first session.

Date	First Session Starts	Last Session Ends
Mon, Mar 19 th	9:00am	4:00pm
Tues, Mar 20 th	9:00am	4:00pm
Wed, Mar 21 st	9:00am	4:00pm
Thurs, Mar 22 nd	9:00am	4:00pm
Fri, Mar 23 rd	9:00am	4:00pm

C. List of Required Gear

The following equipment is required of all athletes

- Bike (road) in good working order*
- Fenders (full wheel) on bikes
- Spare tubes, patch kit, frame pump and tire levers
- Cycling helmet
- Appropriate eyewear for cycling
- Appropriate shoes for running (and cycling if using clip less pedals)
- Appropriate clothing for cycling and running in wet or dry weather
- Swim suit, goggles, and towel
- 2 water bottles and cages mounted on the bike

* We strongly encourage all athletes to have their bikes tuned up by their local bike shop prior to attending the camp. Poorly maintained bikes will monopolize coaching time, and limit the training/learning of athletes.



D. Outline of Camp Activities

The following is an outline of the scheduled activities. We have endeavored to develop a schedule with an equal emphasis on training, education, and fun. We recognize that athletes will demonstrate different levels of ability and fitness, and have planned accordingly.

Monday, March 19th

9:00am-2:00pm Meet at Pacific Sport for introductions; dryland
Swim: skill assessment, drills, skills, workout
Bike: skill assessment and acquisition
Lunch / video/ bike tactics seminar in PacificSport boardroom

2:00-4:00 p.m. Run: skill assessment, drills, workout
Gym/outdoor: alternate sport

Tuesday, March 20th

9:00am-10:30am Dryland
Swim: drills, skills workout.
Seminar at PacificSport – Lunch
Run workout

1:30-4:00 p.m. Seminar at PacificSport- Season Planning
Gym/outdoor: alternate sport

Wednesday, March 21st

9:00am- 2pm Dryland
Swim: Endurance
Bike: Hill workout at Willis point Rd
Lunch at PacificSport boardroom and seminar on run racing tactics

2:00-4:00 p.m. Run: drills, workout
Gym/outdoor: alternate sport

Thursday, March 22nd

9:00am-2:00pm Dryland
Swim: Technical skills, drills
Transition workout (CWP)
Seminar on Nutrition
Seminar on age specific strength routine

2:00-4:00p.m.
Gym/outdoor: alternate sport
Seminar on Motivation with video

Friday, March 23rd

9:00am-2:00pm Dryland
Swim: speed endurance with team races
Bike workout with team races
Lunch provided
Seminar: Triathlon racing tactics

2:00- 4:00 p.m. Run workout with team races
Camp Awards and team awards
Athlete departure

**Schedule subject to change.*

E. Nutrition



Although we have scheduled recovery time and free time into each day, athletes will be very busy with training sessions and seminars. It is therefore essential that athletes adhere to a regime of proper nutrition and hydration. Athletes are encouraged to have a water bottle with them at all times, containing either water or an energy drink, in order to stay properly hydrated. Athletes should come to camp each day after an adequate breakfast, and it is recommended that athletes bring a minimum of two (2) snacks, (i.e. sports bars, fruit, nuts, trail mix) with them each day. Lunch will be provided on Friday. Monday to Thursday athletes will be responsible for bringing their own lunch.

Unfortunately, we do not have enough refrigeration space to accommodate everyone, so athletes should keep this in mind when preparing lunches and snacks. Athletes with special dietary concerns (allergies, etc.) are hereby notified

that every effort will be made to accommodate but due to the nature of a recreation center and the number of various users, athletes should always be aware of their surroundings.

F. Accommodation

Every effort is made to accommodate out of town athletes with home stay options but these are limited so please register and request for home stay by Feb 28th, 2017.

If no home stays are available accommodation at the nearby Howard Johnson Hotel, which is a 2minute walk to the Commonwealth Pool and PacificSport is an option.

G. Payment \$310.75 (including GST)

Please make cheques payable to Triathlon BC and must be sent prior to the camp by (March 5, 2018) to:

Triathlon British Columbia
PO BOX 34098, STN D, Vancouver BC
V6J 4M1

We hope this information has been helpful to you, and we look forward to meeting you. Until then, happy training from the Triathlon BC spring camp 2018 staff!

Kelly Guest
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