



## Triathlon BC Youth/Junior Spring Camp Victoria 2019

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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.

<b>Date</b>	<b>First Session Starts</b>	<b>Last Session Ends</b>
Mon, Mar 18 <sup>th</sup>	9:00am	4:00pm
Tues, Mar 19 <sup>th</sup>	9:00am	4:00pm
Wed, Mar 20 <sup>th</sup>	9:00am	4:00pm
Thurs, Mar 21 <sup>st</sup>	9:00am	4:00pm
Fri, Mar 22 <sup>nd</sup>	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 18<sup>th</sup>**

9:00am -2:00pm	<i>Meet at Pacific Sport for introductions; dryland <b>Swim:</b> skill assessment, drills, skills, workout <b>Bike:</b> skill assessment and acquisition Lunch / video/ bike tactics seminar in 94 Forward Boardroom</i>
2:00 - 4:00 pm	<b>Run:</b> skill assessment, drills, workout <b>Gym/outdoor:</b> alternate sport

**Tuesday, March 19<sup>th</sup>**

9:00am -10:30am	Dryland <b>Swim:</b> drills, skills workout. <i>Seminar at 94 Forward – Lunch</i> <b>Run:</b> workout
1:30 - 4:00 pm	<i>Seminar:</i> Season Planning <b>Gym/outdoor:</b> alternate sport



**Wednesday, March 20<sup>th</sup>**

9:00am - 2:00pm	Dryland <b>Swim:</b> Endurance <b>Bike:</b> Hill workout at Willis point Rd Lunch at PacificSport boardroom <i>Seminar:</i> on run racing tactics
2:00 - 4:00 pm	<b>Run:</b> drills, workout <b>Gym/outdoor:</b> alternate sport

**Thursday, March 23<sup>rd</sup>**

9:00am - 2:00pm	Dryland <b>Swim:</b> Technical skills, drills <b>Transition:</b> workout (CWP) <i>Seminar:</i> Nutrition <i>Seminar:</i> age specific strength routine
2:00 - 4:00 pm	<b>Gym/outdoor:</b> alternate sport <i>Seminar:</i> Motivation with video

**Friday, March 24<sup>th</sup>**

9:00am - 2:00pm	Dryland <b>Swim:</b> speed endurance with team races <b>Bike:</b> workout with team races Lunch provided <i>Seminar:</i> Triathlon racing tactics
2:00 - 4:00 pm	<b>Run:</b> 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 28<sup>th</sup>, 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 \$350.00 (including GST)**

Registration for the camp will be done online with the Triathlon BC registration system. A link to register has been included below. Please register for this camp prior to March 11, 2019,

CCN Registration - <https://ccnbikes.com/#!/events/6160-triathlon-bc-spring-break-camp-victoria>

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