# SPRING BREAK TRAINING CAMP
# March 14 – 18, 2026
# Victoria, BC

**Saturday, March 14**

11:00 AM – 12:30 PM

- Meet at 94Forward for introductions and dryland
- Swim: skill assessment, drills, and workout
- Bike: skill assessment and skill acquisition

1:00 – 2:00 PM

- Lunch (provided)
  Video review and bike tactics seminar (94Forward boardroom)

2:00 – 4:00 PM

- Bike/Run: skills, drills, and workout

**Sunday, March 15**

10:00 AM – 12:30 PM

- Dryland at 94Forward
- Swim: drills, skills, and workout

1:00 – 2:00 PM

- Lunch (provided)
- Seminar at 94Forward

2:00 – 3:30 PM

- Run: easy running, drills, and games

3:30 – 4:00 PM

- Goal-setting seminar

**Monday, March 16**

9:00 – 10:30 AM

- Dryland and swim: endurance focus

11:00 AM – 12:30 PM

- Bike: skills and hill work

1:00 – 2:00 PM

- Lunch (provided)
- Athlete Q&A with world-ranked VTC senior athletes

2:30 – 4:00 PM

- Run: drills and workout

**Tuesday, March 17**

9:00 – 11:00 AM

- Dryland and swim: technical skills and drills

11:30 AM – 12:30 PM

- Lunch (provided)

12:30 – 2:30 PM

- Transition-focused workout

3:00 – 4:00 PM

- Race planning and preparation seminar

**Wednesday, March 18**

9:00 – 11:00 AM

- Dryland and swim: speed endurance with team races

11:30 AM – 12:30 PM

- Lunch (provided)

12:30 – 2:00 PM

- Transition workout with small races

2:00 – 2:30 PM

- Athlete departure from 94Forward