



2019 QT2 Systems Lake Placid Training Camp Agenda

Wednesday June 12th (Check in to Hampton)

Thursday June 13th (swim TT, Steady Bike/Easy Run)

7:00 to 8:00 Breakfast Hampton Inn Lake Placid / Athlete check in

8:00 to 9:00 Welcome and orientation meeting - Hampton Inn Conference room

9:30 to 11:00 Mirror Lake Swim TT (1 loop TT)

11:30 to 12:30 Provided Lunch

1:00 – 4:30 1 Loop Ride of course w/o out-and-back, 20-minute ZR Run

5:00-6:00 1 to 1 coach / athlete meetings

6:00 to 7:30 Provided Dinner IN

7:30 to 8:30 Q/A Session with QT2 Coaches Tim and John *Topics: Training, Recovery, Nutrition, Fueling, Execution, Race Experiences, Daily performance environment, etc.

Friday June 14th (bike TT, ZR run)

7:00-7:30 Breakfast

7:30 to 8:30 Lake Placid Course Overview with Tim Snow

8:30 one lap swim

10 to 3:00 – 2.5-3-hour Bike, with 20-30 minute TT on IMLP race course, and 30-min ZR run

4:00- 5:00 1 to 1 athlete meetings

6:00 Dinner on own



Saturday June 15th (long bike day)

7:00 - Provided Breakfast

8:00 -Easy 1 loop swim Mirror Lake

9:00 Long Ride of 5-6 Hours, Transition to 20-30 min Run easy (ride will be on IM bike course, with one out-and-back)

4:30-6:00 1 on 1 Meetings

6:30 Provided Dinner OUT

Sunday June 16th (long swim, long run day)

6:30 - Breakfast

7:00 to 9:00- 2 loop swim in Mirror Lake

10:30 to 1:30 – 90-120 minute Steady run on the course.

2:00 to 3:00 Provided Lunch and Closing Remarks Back at the Conference Room

End of Camp, head home and recover