



## **QT2 Systems 2022 IMLP Camp Tentative Agenda**

**\*Subject to modification; final agenda will be sent the week prior to camp.**

**Wednesday, June 8th** - Check in to Hampton

**Thursday, June 9th** - Swim TT, Steady Bike, Easy Run

7:00a to 8:00a - Breakfast Hampton Inn Lake Placid/Athlete Check-In

8:00a to 9:00a - Welcome and Orientation Meeting - Hampton Inn Conference Room

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

11:30a to 12:30p - Provided Lunch

1:00p to 4:30p - One Loop Ride on Course w/o Out-and-Back, 20-Minute ZR Run

5:00p to 6:00p - 1-1 Coach/Athlete Meetings

6:00p to 7:30p - Provided Dinner In

7:30p to 8:30p - Q&A Session with QT2 Coaches Tim Snow and Russet Morrow

\*Topics: Training, Recovery, Nutrition, Fueling, Execution, Race Experiences, Daily Performance Environment, etc.

**Friday, June 10th** - Swim, Bike TT, ZR Run

7:00a to 7:30a - Breakfast

7:30a to 8:30a - Lake Placid Course Overview with Tim Snow and Russet Morrow

8:30a - One Lap Swim

10:00a to 3:00p - 2.5-3-hour Bike, w/ 20-Minute TT on IMLP Race Course, 30-Minute ZR Run

4:00p to 5:00p - 1-1 Athlete Meetings

6:00p - Dinner on Own



**Saturday, June 11th - Long Bike Day**

7:00a - Breakfast

8:00a - Easy 1-Loop Swim Mirror Lake

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

4:30p-6:00p - 1-1 Coach/Athlete Meetings

6:30p - Provided Dinner Out

**Sunday, June 12th - Long Swim, Long Run Day)**

6:30a - Breakfast

7:00a to 9:00a - 2-Loop Swim in Mirror Lake

10:30a to 1:30p - 90-120-Minute Steady Run on Course

2:00p to 3:00p - Provided Lunch and Closing Remarks, Hampton Inn