



Puerto Rico 70.3 Training Camp



Hello fellow campers, here is some information for our upcoming camp.

Athletes attending:

1. Richard Jansen
2. Travis Haselback
3. Andre Horne
4. Tim Prior

Coach:

Todd Malcolm

Van Rentals

Todd has rented 2 Vans. In a van we can take 3 bike boxes + 3 passengers
In previous years all those in a van split the rental cost.



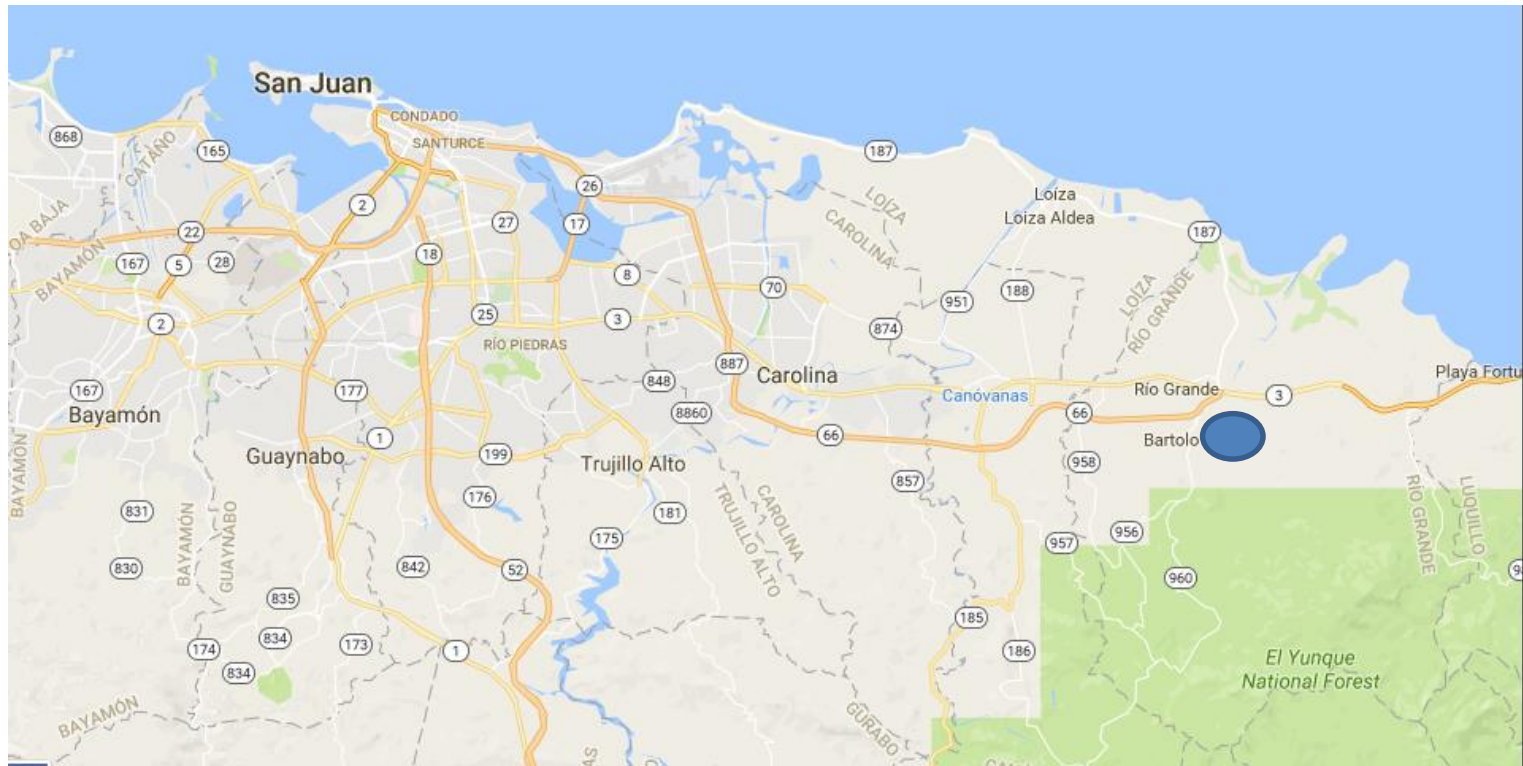


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Where is the House? 30-40 mins away from San Juan

Location: Hacienda Siesta Alegre Rd 186, km 23.9 El Verde, Rio Grande, Puerto Rico 00745





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Meals

Thursday	Friday	Saturday	Sunday
Breakfast out	Breakfast out	Club Breakfast? 8:30-10:30 Helle Fredrickson Kelly Williamson Rosa Mexicano	At house
Lunch out	Lunch out	Lunch out	Race Course
Dinner Out	Dinner Out	Pasta ??	Race Venue



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Tentative training plan

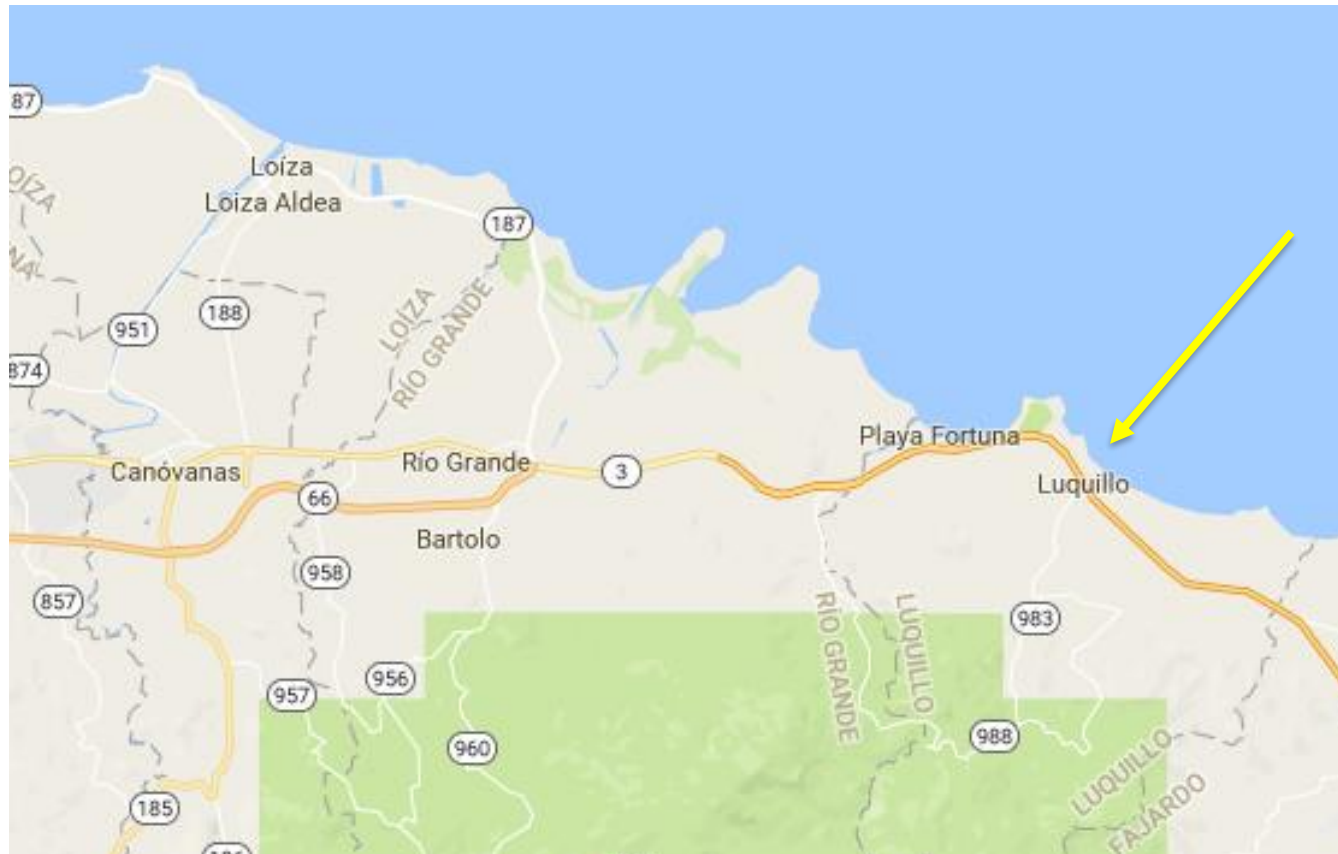
Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
			8-9:00am Load Vans Drive to House	Bike 60 – 75 Km	?	70.3 Race
			Build bikes Short Ride 40-50 Km	Swim 30 min	Swim 30 min	
			Ocean swim?	Run 1 loop of course 10 Km ~1 hour	Bike check in 12:00 – 5:00	
			Short Local run? 30 min			



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Swim #1





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Swim #2

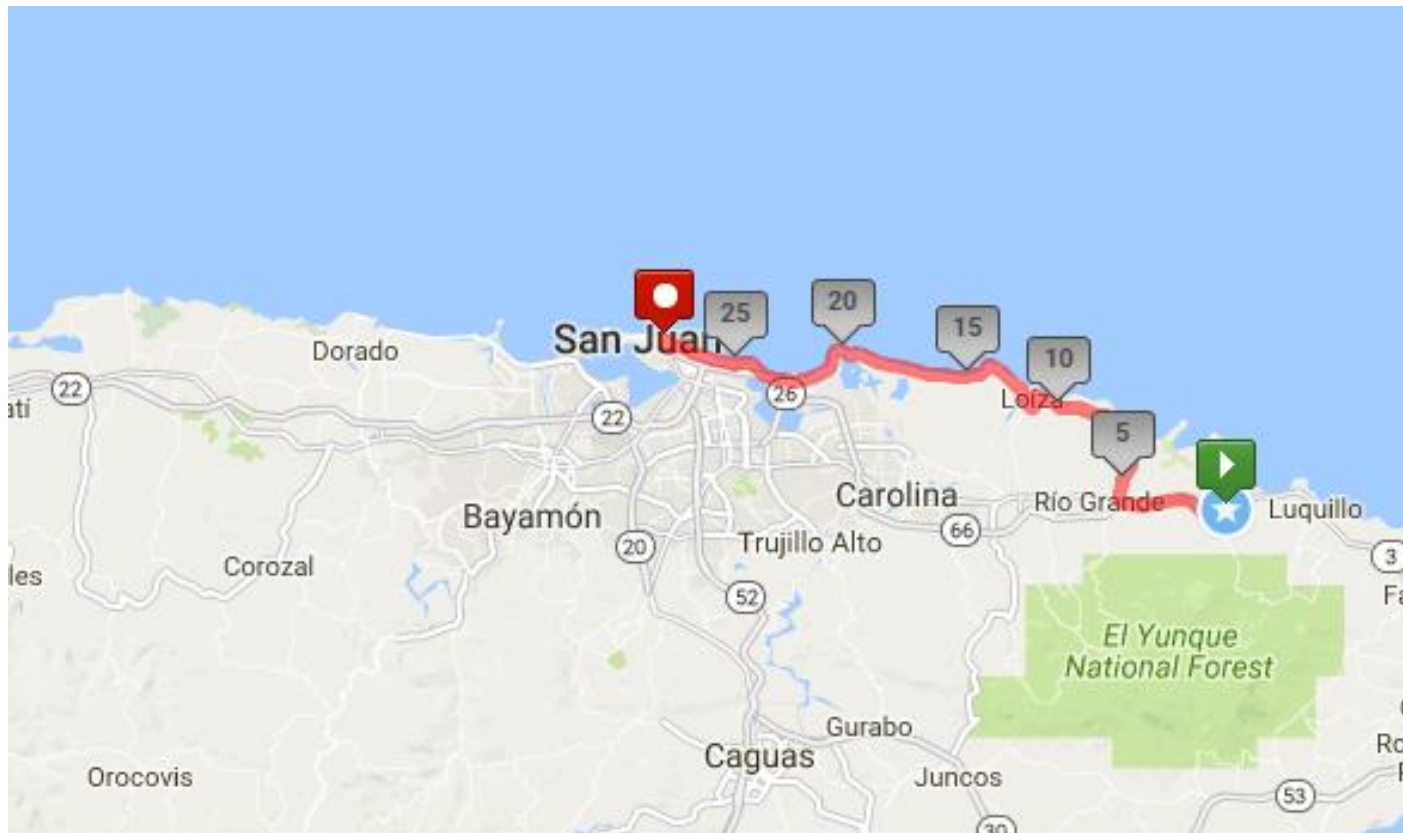




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Ride #1

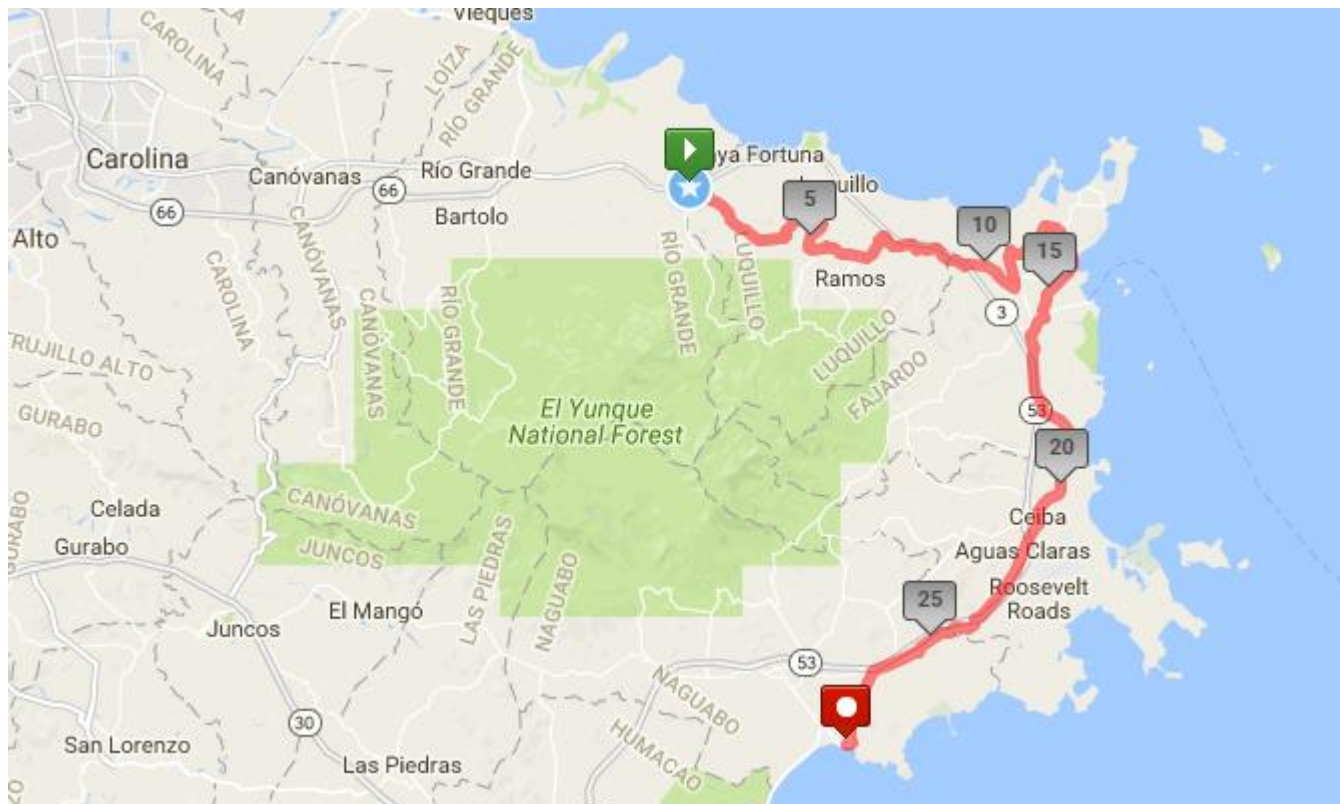




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Ride #2

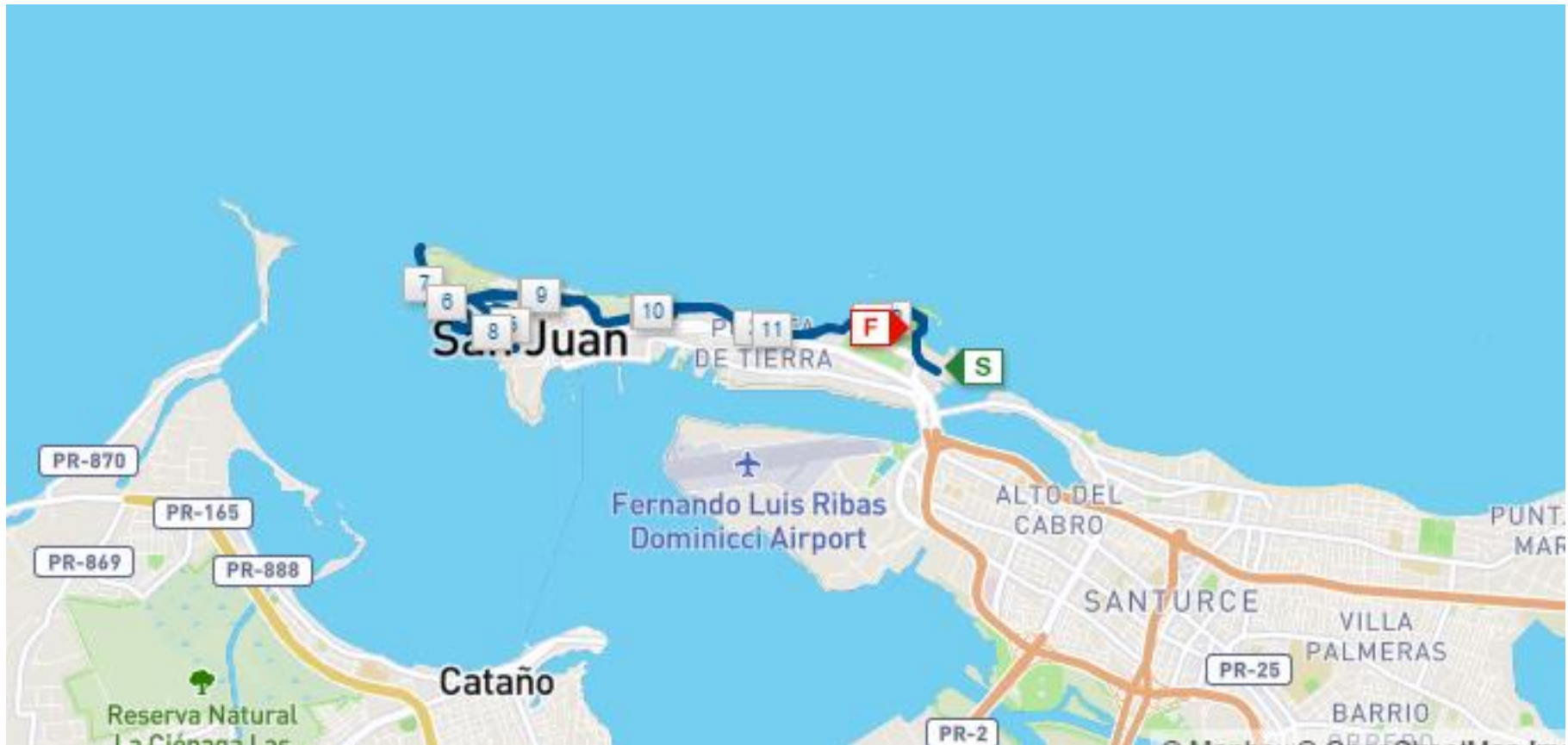




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Run #2





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What to bring?

<u>Swim</u>	<u>Bike Gear</u>	<u>Run gear</u>	<u>Other</u>
Swim suit	Bike	Run shoes	Drink powder
Goggles	Shoes	Socks	Gels
Towel	Computer	Sunscreen	Salt tablets
Antifog	Water bottles 3-4	Hat	Passport
Anti chaffing cream	Spare tubes	Band aids	Maps
Beach towel	Patch kit	HR monitor	BUG SPRAY!!!
Sun Screen	C02 adapter	Race belt	
Sun burn cream	Helmet	Race towel	
	Pedals	Run shorts	
	Vest	Sun glasses	
	Jacket		
	Gel flasks		
	Shorts		
	Jerseys		
	Bike tools		
	Pump		



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Please note that I will bring some bike tools. Hex wrenches, torque wrench, pedal wrench. Everyone should have a repair kit on their bike so that they can fix a flat if needed. Items to have in kit: Spare tube, tire levers, basic allen wrenches, and a patch kit. We will need to buy CO2 once in Hawaii as we are not allowed to carry them on the airplane.

***** Please have your biked equipped to carry 3 water bottles at a time. This may mean carrying 1-2 behind the seat and 1 on your aero bars *****

***** Your bike must be in good working condition. Please tune up before the trip*****



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Please add my contact information to your phone.

I am very much looking forward to the camp!
Please let me know you have any questions.

Mahalo

Todd Malcolm

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