



2024 World Triathlon Development Regional Cup, Athletes Camp, BARBADOS July 2 - 7, 2024

TIME	Monday July 1	Tuesday July 2		Wednesday July 3		Thursday July 4		Friday July 5		Saturday July 6		Sunday July 7	Monday July 8
		ATHLETES	COACHES	ATHLETES	COACHES	ATHLETES	COACHES	ATHLETES	COACHES	ATHLETES	COACHES	5:00 am pick up at Plum Tree to race course	
6:30		Transport to Gymnasium complex for Breakfast		Transport to Gymnasium complex for Breakfast		Transport to Gymnasium complex for Breakfast		Transport to Gymnasium complex for Breakfast		Breakfast at Plum Tree		COMPETITION	
7:00										Rest			
8:00		Athletes: assemble bicycles		Rest	Coaches: Workshop	Rest	Coaches: Workshop	Rest	Coaches: Workshop	OPTIONAL: free individual election: rest or activation			
8:30				Swimming CONTROL SESSION: 400m Test.		Swimming SESSION: Recovery, Skills, Aerobic, Activation...		Swimming SESSION: Recovery, Skills, Aerobic, Activation...					
9:00		Swimming SESSION: Recovery, Skills, Aerobic, Activation...		STRETCHING		STRETCHING		STRETCHING		Transport to Race Venue			
9:30	ARRIVALS									Swim Course Familiarization			DEPARTURES
10:00		STRETCHING		Rest		Rest		Rest					
10:30		STRETCHING		Rest		Rest		Rest					
11:30													
12:00	Lunch at Plum Tree	Lunch at the Gymnasium		Lunch at the Gymnasium		Lunch at the Gymnasium		Lunch at the Gymnasium		Transport to Plum Tree			
12:30										Lunch at Plum Tree			
13:00	Rest	Rest	Coaches: Workshop	Rest		Rest		MOTIVATED TALKS/MEET WITH H.P. ATHLETES AND/OR COACH				Transport back to hotel	
13:30		Bike. CONTROL SESSION: (Ergometer) PAM Test.		Run SESSION 1: easy run. Warm and progg		Run CONTROL SESSION: (track) 1.5km Test.				Bike. SESSION 2 Aerobic. Low intensity. With a little activation during circuit review.		review camp meet	
14:30													
15:00	ARRIVALS									Leave for race briefing			
15:30	Swimming: Easy after travel	STRETCHING	Coaches: review day	STRETCHING	Coaches: review day	STRETCHING	Coaches: review day	STRETCHING	COACHES AND ATHLETES. REVIEW CAMP	Arrive at race briefing		Free time	
16:00	Transport to Plum Tree	Transport to Plum Tree		Transport to Plum Tree		Transport to Plum Tree		Nutrition session: Race morning meal planning and trip to the Grocery Store		Race Briefing			
16:30	Tree	Free time		Free time		Free time				Free time			
17:30	Free time									Dinner at Plum Tree			Dinner at Plum Tree
18:00	Dinner at Plum Tree	Dinner at Plum Tree		Dinner at Plum Tree		Dinner at Plum Tree		Dinner at Plum Tree		Rest			Rest
19:00	WELCOME MEET.	Rest		Rest		Rest		Dinner at Plum Tree		Rest		Rest	
21:00	Sleep	Sleep		Sleep		Sleep		Rest - Sleep		Sleep		Sleep	

- Athlete Bike session
- Athlete Run session
- Athlete Swim session
- Athlete Activity
- Competition activity
- Coach session