

## PLAYTRI JVAP SEVEN DAY SCHEDULE

### DAY 1

1:00 PM	Review of schedule, answer athlete/parent questions
1:30 PM	Swim analysis
2:30 PM	Lunch break
3:30 PM	Motion capture bike fit
5:00 PM	Team swim session
6:30 PM	Dinner and consult with coach
8:00 PM	Day complete

### DAY 2

11:00 AM	Run analysis
12:00 PM	Snack break
12:30 PM	FTP testing
1:30 PM	Lunch break
3:00 PM	Introduction to effective foam rolling and stretching
3:30 PM	Bike maintenance instructional session
4:30 PM	Break
5:00 PM	Team bike session
6:00 PM	Team run session
7:00 PM	Day complete

### DAY 3

11:00 AM	Swim analysis and drills
12:00 PM	Snack break
12:30 PM	Resistance training session
1:30 PM	Lunch break
3:00 PM	Bike skills session
4:00 PM	Break
5:00 PM	Team swim session
6:00 PM	Team bike session

### DAY 4

11:00 AM	Swim analysis and drills
12:00 PM	Snack break
12:30 PM	Bike skills session
1:30 PM	Lunch break
3:00 PM	Bike travel instructional session
4:00 PM	Break
5:00 PM	Team track session
6:00 PM	Team conditioning session

DAY 5

11:00 AM	Run analysis and drills
12:00 PM	Snack break
12:30 PM	Bike skills session
1:30 PM	Lunch break
3:00 PM	Resistance training session
4:00 PM	Break
5:00 PM	Team swim session
6:00 PM	Team run and dryland

DAY 6

7:30 AM	Group open water swim (if available)
9:00 AM	Group ride (if available)
10:30 AM	Snack break
11:00 AM	Run analysis and drills
12:00 PM	Lunch break
1:30 PM	Bike skills training session
2:30 PM	Day complete

DAY 7

11:00 AM	Swim analysis and drills
12:00 PM	Snack break
12:30 PM	Run analysis and drills
11:00 AM	Final lunch with coach – consult and questions
12:30 PM	Program complete