



Agitos Foundation Training Camp Event Schedule March 4 - March 12

Saturday, March 4

- Welcome session for athletes

Sunday, March 5

- Elite rowers perform Testing with Conny Draper
- Rowing session and rigging with Ellen Minzner, Patrick Kington and Deb Arenberg

Monday, March 6

- Elite rowers perform Testing with Conny Draper
- Rowing session

Tuesday, March 7

- Elite rowers perform Testing with Conny Draper
- Lunch, lecture and results
 - Conny Draper on Biomechanics
- Rowing session

Wednesday, March 8

- Pool swim / Elite rowers perform Testing with Conny Draper
- Rowing session
- Cycling Safety Lecture & bike ride
- Lunch and lecture
 - Nuwanee Kirihennedige, Nutrition
- Running / rowing sessions
- Dinner and lecture: intro to triathlon, cycling and rowing

- Coaches meeting and networking

Thursday, March 9

- Pool swim / rowing session
- Run session
- Lunch and lecture
 - Rob Jones and Pamela Relph on strength and conditioning
- Rowing / running / swim sessions
- Athlete 1:1 swim analysis
- Classification overview for coaches

Friday, March 10

- Triathlon / rowing classifications (all day)
- Rowing / cycling / running sessions
- Lunch and lecture
 - Athlete testimonial panel - Helman Roman, Jacqui Kapinowski, Krige Schabort
- Rowing / cycling / swim sessions
- Race briefing

Saturday, March 11

- Rowing session / easy bike ride and pool swim
- CAMTRI Paratriathlon Championships
- Handcycling time trial
- Rowing regatta

Sunday, March 12

- PC Open Triathlon Race