



Method Camps Itinerary

Day 1

Time	Session	What to Bring
09:00 – 10:00	Registration, Introductions, Camp Structure and Why	Swim gear, note pad and pen
10:15 – 11:45	Swim – “25m” set	Swim gear
12:00 – 13:00	Lunch	Money for lunch
13:30 – 16:00	Bike (Strength) + Method Run (Fast)	Bike and Run gear
16:00 – 16:30	Change and recovery snack	Change of gear + snack
16:30 – 17:30	Lecture / Q&A -- SWIMBIKERUN -- Training Systems -- Explanation of the day	Notepad and pen
18:30	Impromptu dinner	



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DAY 2

Time	Session	What to Bring
08:30 – 09:30	Swim (Endurance per the Method)	Swim gear
09:30 – 10:15	Recovery snack, change, prepare	Bike and run gear, sports nutrition
10:15 – 14:30	Bike (Endurance) + Run (30s on/off)	As above
14:30 – 15:30	Change and lunch	Change of clothes + money for lunch
15:45 – 16:45	Training Explanation / Q&A	Note pad and pen
16:45 – 17:45	TP Therapy Talk + demo	
18:30	Camp Dinner	



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DAY 3

Time	Session	What to Bring
07:30 – 08:30	Swim (Speed)	Swim gear
08:30 – 09:00	Recovery snack, change, prepare	Run gear, sports nutrition
09:00 – 11:00	Run	As above
11:00 – 12:00	Change and lunch	Change of clothes + money for lunch
12:15 – 14:15	Bike (Easy coffee shop ride)	Bike gear
14:30 – 15:30	Camp wrap up	

Items to bring to Camp	
SWIM	Swimmers, goggles, paddles, towel, swim cap, wetsuit
BIKE	Bike, shoes, helmet, shorts, jersey, socks, wet weather gear, water bottles, spare tubes and pump/C02
RUN	Run shoes, socks, shorts, running top, hat/visor, sunglasses
MISC	Personal sports nutrition, snacks, note pad and pen, change of clothes, money for lunches, warm gear