

CEC Intermediate Mile Madness Camp - 2010 Schedule - March 8th - 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8 AM	8:00AM Coach's chat and welcome! Tennis court	Leave 7:30AM	7:45 AM - Meet Marriott Parking Lot			7:45 AM - Meet Outside Lobby - Cold weather gear	Departures
8-9 AM	30 min to get bikes & gear ready... meet parking lot	8:00a long flat marathon pace run	8:00 AM -"Get Wet" 30min Swim	7:30AM Bike Sonoita 4-5hr ride	8:30 Meet Parking Lot	Bike Mt. Lemmon - 5 Hours +/-	Summary: Weekly Swim Volume = 4 Hours +/- Weekly Bike Volume = 15 Hours +/- Weekly Run Volume = 6 Hours +/- Total Weekly Volume = 25 Hours +/-
9-10 AM	9:00AM Bike Mt. Lemmon 90min -to 3mile marker						
10-11 AM			Easy Run - 60 mins			Bring \$\$\$ for food at the top!	
11-12 PM							
12-1 PM	Leave 12:30PM	Bike Old Spanish Trail 3 Hours					
1-2 PM	Tech run w/Bobby McGee				1:30 - Meet Outside Lobby - Swim Gear	Optional Run Off - 30 Mins	
2-3 PM	Run		2:45 PM - Meet Marriott Parking Lot - Swim Gear	2:45 PM - Meet Marriott Parking Lot - Swim Gear	2:00 PM Swim Flume - Stroke Analysis		
3-4 PM	Have swim gear! -we go directly to swim after		Swim	Swim	Shopping @ TriSports to follow!		
4-5 PM	Swim YMCA 60min				4:30 PM - Pro Athlete Talk @ TriSports		
5-6 PM		5:00PM Talk Bobby McGee	5 PM - Coaches Joint Talk - Cliff & Paul	Massages / PM off	Head Home	Camp Wrap Up Talk 5:00 PM BBQ area	
6-7 PM		Group Dinner				6:00PM BBQ / awards	
7-8 PM	7:00PM Bobby McGee -Mental skills						