

## Nashville SE Junior Development Camp

Time	Friday March 20	Saturday March 21	Sunday March 22
6:00		Breakfast - Hampton Inn	Breakfast - Hampton Inn
6:30		Hydration Testing - Hampton Inn Lobby	Hydration Testing - Hampton Inn Lobby
7:00		Benchmark Testing - 2mi run - Vanderbilt Track or Centennial Park (warmup run from hotel to track 5-10 min.)	Benchmark Testing - 200/800m swim - Sportsplex Pool
7:30		Travel to Shelby Park - 20-30 min.	Swim - Form analysis with video and/or open water swim techniques - Sportsplex Pool
8:00		Group Bike - Handling Skills and Pack Riding Techniques - Shelby Park	Swim / Bike Bricks - on indoor trainers on pool deck - Sportsplex Pool
8:30		Transitions - Flying mounts, running with bike, bike/run transition, etc.	Lunch & Presentation - "Training Program Design", Bob & Susan - Sportsplex Meeting Room
9:00		Travel to Shelby Park - 20-30 min.	Wrap up & Questions - Sportsplex Meeting Room
9:30		Make a Healthy Lunch Workshop (ingredients provided) - Sportsplex Meeting Room	
10:00		Presentation - "Functional Strength", Bob Seebohar - Sportsplex Meeting Room & Functional Strength Workshop with Bob & Susan - Sportsplex Exercise Room	
10:30		Cycling - Form analysis, pedaling technique skills on indoor trainers - Sportsplex Exercise Room	
11:00		Time OFF - rest, change for dinner, travel to Farmer's Market 20 min.	
11:30		Dinner Banquet Farmer's Market & Presentation - "The Olympic Experience", Susan Williams Olympic Bronze Medalist	
12:00		Check in - Sportsplex Meeting Room	
12:30	Welcome Presentation & Introductions - Sportsplex		
1:00	Welcome Run - Centennial Park - Dynamic Warmup and Run Form Drills		
1:30	Presentation - "Sports Nutrition", Bob Seebohar, Sportsplex Meeting Room		
2:00	Questions		
2:30	Dinner on own		
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