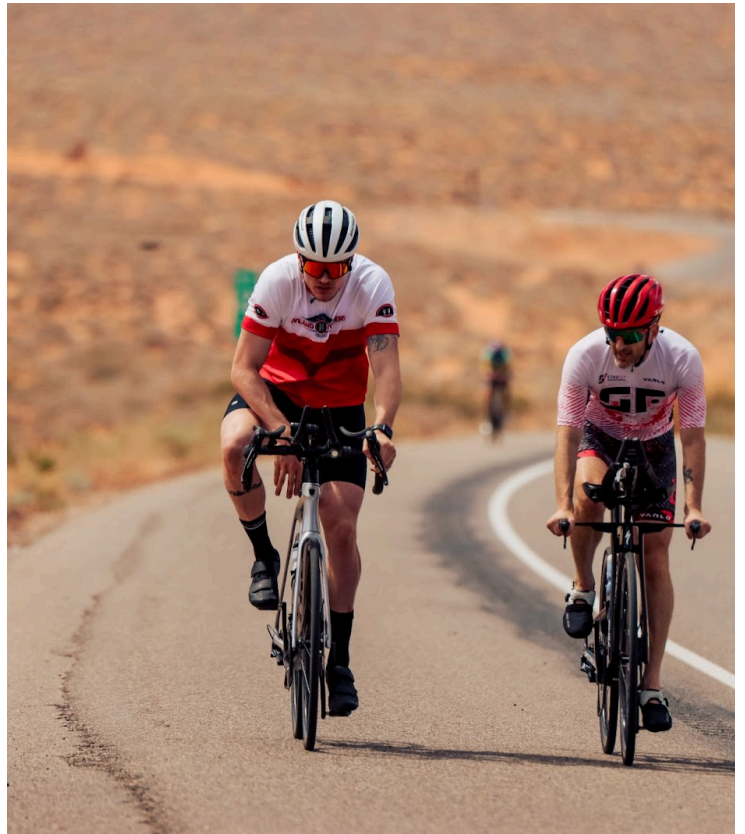


Camp Schedule

Overview

01

CAMP GOALS



This camp is designed to help you fine-tune your race strategy, build confidence, and gain valuable course experience ahead of the final St. George 70.3. Through targeted swim, bike, and run sessions, we'll focus on key race segments, pacing strategies, and race-day execution to ensure you're fully prepared to perform at your best.



02

SCOPE

The St. George 70.3 Prep Camp is a three-day immersive training experience designed to help athletes optimize their race preparation, build confidence on the course, and refine their race-day strategy. The camp will provide structured training sessions, expert coaching, and race-specific guidance tailored to the demands of the St. George 70.3 course.

03

YOUR COACHES

Anna Nemeckay

Mark Thorum



SCHEDULE



Thursday

Welcome Dinner

Time – 6:00 pm

Location – Coaches House BYOD (Bring Your Own Dinner)

We will do a meet and greet and discuss upcoming camp

Friday

Swim Session

Description: Swim Analysis, Stroke Development, and Conditioning

Lead Instructor:

Location: Washington Recreation Center

350 Community Center Drive, Washington, UT 84780

Time: 8:00 am to 9:30 am

Bring: hydration, a suit, goggles, paddles, buoy, fins

Questions and Answer, Fuel, and Recover

Bike Handling Skills

Description: Focus on bike handling, T1 and T2 practice.

Lead Instructor: Andrew

Location: Sand Hollow Reservoir There is a \$20 fee to enter.

Look for the Motive8 tent at the north end of the boat ramp parking lot to your left

Time: 11am am to Noon

You should bring: All your cycling and running gear for a BRICK.

Double BRICK workout and T2 Skills

Description: T2 practice. This will be two Bike and Run Bricks that are back-to-back. Distance and intensity will be based on the athlete.

Lead Instructor: Anna

Location: Sand Hollow Reservoir

Route around the Sand Hollow Reservoir [click here to see the route](#).

Time: Noon to 4 pm

You should bring: nutrition, fluids, medical needs like an inhaler, and anything you normally have with you for the bike and run legs of a triathlon.

Note: Don't forget to charge your lights and to have them on your bike.

Friday Night Get-Together and Dinner

Description: Gather to eat, chat, and discuss with Q&A

Location: Benjai Thai Garden 435 N 1680 E suite #14, St. George, UT 84790

Time: 6:00 pm

What you should bring: Come Hungry



Saturday

Run

Description: Diagonal Street to Redhills

Lead Instructor: Mark

Location:

Time: 6:45 am

Bring,

Swim Session

Description: Open Water Skills

Lead Instructor: Anna

Location:

Time: 8:30 am to 10 am

Bring: hydration, a suit, towel, goggles, paddles, buoy, fins, and snorkel.

Bike

Description: 3 to 4-hour Supported Ride

Lead Instructor: Anna

Location

Time: 10am

Bring: nutrition, fluids, medical needs like an inhaler, and anything you normally have for the bike and run legs of a triathlon.



