

### Wednesday

	Time Table Athletes	Venue
<b>Wednesday</b>	<b>All Athletes</b>	<b>All Athletes</b>
12:00 PM	Athletes Arrive	Hotel
12:30 PM		
1:00 PM		
1:30 PM		
2:00 PM		
2:30 PM		
3:00 PM		
3:30 PM		
4:00 PM		
4:30 PM		
5:00 PM		
5:30 PM		
6:00 PM	Dinner	
6:30 PM		
7:00 PM	Grocery Store	Grocery Store
7:30 PM		
8:00 PM	Intro Meeting	Hotel
8:30 PM		
9:00 PM	Bed	

### Thursday

	Time Table Athletes		Venue	
<b>Thursday</b>	Group A	Group B	Group A	Group B
6:00 AM	RMR/BodyFat		Lab	
6:30 AM				
7:00 AM				
7:30 AM				
8:00 AM	Blood Draw	Blood Draw	Mercy	Mercy Clinic
8:30 AM				
9:00 AM				
9:30 AM	Breakfast	Breakfast		Hotel
10:00 AM	Easy swim and Filming		Pool	
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM	Lunch			
12:30 PM				
1:00 PM	Swim Consults	Run VO2 w/ECG	Hotel	Lab
1:30 PM				
2:00 PM				
2:30 PM				
3:00 PM				

3:30 PM				
4:00 PM	Run VO2 w/ECG	Swim Consults	Lab	Hotel
4:30 PM				
5:00 PM				
5:30 PM				
6:00 PM				
6:30 PM				
7:00 PM	Dinner		Hotel	
7:30 PM				
8:00 PM	Exercise Physiology Talk		Hotel	
8:30 PM				
9:00 PM	Bed			

**Friday**

	Time Table Athletes		Venue	
Friday	Group A	Group B	Group A	Group B
6:00 AM		RMR/Body Fat		Lab
6:30 AM				
7:00 AM				
7:30 AM				
8:00 AM				
8:30 AM	Breakfast		Hotel	
9:00 AM	Optional Swim	Run VO2, ECG Consult	Rec Center	Hotel
9:30 AM				
10:00 AM				
10:30 AM	Run VO2, ECG Consult	Optional Swim	Hotel	Rec Center
11:00 AM				
11:30 AM				
12:00 PM	Lunch			
12:30 PM				
1:00 PM	Optional EZ Ride	Running Gait Analysis	Valley	Lab
1:30 PM				
2:00 PM				
2:30 PM				
3:00 PM				
3:30 PM	Running Gait Analysis	Optional EZ Ride	Lab	Valley
4:00 PM				
4:30 PM				
5:00 PM				
5:30 PM				
6:00 PM	Dinner		Hotel	
6:30 PM				
7:00 PM	Town Time			
7:30 PM				
8:00 PM				
8:30 PM				

9:00 PM	Bed
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**Saturday**

Time Table Athletes			Venue	
Saturday	Group A	Group B	Group A	Group B
6:00 AM	Breakfast		Hotel	
6:30 AM				
7:00 AM		Bike VO2 and spin scan		lab
7:30 AM				
8:00 AM				
8:30 AM	Running Form and Calisthenics Clinic		DHS	
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM	Lunch			
12:30 PM				
1:00 PM	Bike VO2 and Spin Scan	Running Form and Calisthenics Clinic	lab	DHS
1:30 PM				
2:00 PM				
2:30 PM				
3:00 PM				
3:30 PM		Nutrition Consults		Hotel
4:00 PM				
4:30 PM				
5:00 PM				
5:30 PM				
6:00 PM	Dinner		Hotel	
6:30 PM				
7:00 PM	Nutrition Consults			
7:30 PM				
8:00 PM	Pro Athlete Talk		Hotel	
8:30 PM				
9:00 PM	Nutrition Consults			
9:30 PM				

**Sunday**

Time Table Athletes		Venue
Sunday	All Athletes	Athletes
6:00 AM		
6:30 AM	Breakfast	Hotel
7:00 AM		
7:30 AM	Open Water Swim Clinic	Lemon,
8:00 AM		

8:30 AM 9:00 AM 9:30 AM 10:00 AM		Havaland, Falls Creek
10:30 AM 11:00 AM 11:30 AM	Results Consults/ Packing	Hotel
12:00 PM 12:30 PM	Lunch	
1:00 PM 1:30 PM 2:00 PM 2:30 PM 3:00 PM	Results Consults/ Packing/ Departures	Hotel
3:30 PM 4:00 PM 4:30 PM 5:00 PM	Optional Ride/Run for Monday Departures	Valley CO Trail
5:30 PM		
6:00 PM 6:30 PM 7:00 PM 7:30 PM 8:00 PM 8:30 PM 9:00 PM	Dinner/ Town for those who stay	