



2016 Triathlon Christmas Camp

Sask. Triathlon Centre



Camp Schedule

See Registration form for ages, fees & eligibility

Coaches: RossAnn Edwards, Brendan Mackenzie, Rachael Edwards

Tuesday, Dec. 27

9 – 11:00am	3k run time trial	Saskatoon Fieldhouse
1 – 2:30pm	swim session	SHAW Centre
3 – 3:30pm	swim video	SHAW Centre
3:30 – 4:30pm	mental skills training	SHAW Centre

Wednesday, Dec. 28

10:30 – 12:30pm	swim time trial	SHAW Centre
1 – 2:30pm	bike (technical)	Saskatoon Fieldhouse
3:00 – 4:00pm	shop for ingredients for dinner	
5 – 9pm	STC Master Chef	Siemen's home: 711 Albert Ave.

Thursday, Dec. 29

8 – 10am	swim session	SHAW Centre
12:15 – 1:45pm	Sleep for Optimal Performance & Recovery Presenter: Lindsay Sutherland	
		Saskatoon Fieldhouse
2 – 3:00pm	bike (trainer/roller) session	Saskatoon Fieldhouse
3 – 4:00pm	run session	Saskatoon Fieldhouse

Friday, Dec. 30

8:30 – 10:00am	swim session	SHAW Centre
11 – 12:00pm	outdoor run	meet at Attridge Dog Park

Saskatoon Fieldhouse: 2020 College Drive

SHAW Centre: 122 Bowlt Cres.

Holiday Park: 1630 Ave. U South

Attridge Dog Park: entrance: Central Ave. and Attridge Dr.