



TRI Camp Agenda:

Friday

Saturday

Sunday

Three days of fun!

Friday March 30th:

- 12-12:30 kick off. Open Eye Cafe, Carrboro. Come dressed and fueled to run, carpool to UNC track
- 1-3 pm UNC track: run drill review, functional strength, 80 min workout, Balega sock give away
- 4-5pm Yoga, Balanced Movement Studio or
- 3:30-5pm Recovery Ride from Open Eye
- 5pm Ladies' Only Happy Hour

Saturday March 31st:

- 8:45 am Open Eye Cafe, dressed to cycle, bottles full, fueled
- 9-12pm group ride, 3 pace groups, 10 mile TT on donut boy course, borland repeats. One sag vehicle. One water stop at Maple View Farms
- 12-1pm lunch on your own
- 1:15-2:30pm Coffee Talk at Open Eye, back room. Run gait, Natural Running, biomechanics, Q&A
- 3-4:30pm Homestead Pool Swim session, multi-level, 3 lanes,
- 5pm Meet Fleet Feet Carrboro for Cocktail Hour

Sunday April 1st:

- 8 am Chapel Hill Community Center run, meet playground. 25 min dynamic warm up and TRX demo
- 8:30-9:30 am Recovery Run, Bolin Creek paved trail
- 10-11 am Homestead Pool recovery swim
- 11am-11:30 Performance Nutrition
- 11:30-12pm Bike fitting principles, maintenance, Cary Cycle Surgeon
- 12pm raffle and group photo
- goodie bag and good-byes