

CES Ironman Wisconsin Training Camp 2016 Itinerary

FRIDAY, AUGUST 19

Time	Activity	Location
8:00-8:30am Optional OW Swim	NEW FOR 2016! Optional Open Water Swim at Fireman's Park Course marking buoys & kayak support provided by SBR Coaching & Rocket Bicycle Studio!	Fireman's Park Shelter Verona, WI
7:30-9am - Check In	Bike on Ironman Course (optional brick run after)	
9:00am-5:00pm	<ul style="list-style-type: none"> 90-112 Miles (2-loops = 82 miles + add portion of the "stick" part of the course depending on time) 	
9:30am - Start Ride	<ul style="list-style-type: none"> SAG Support Available - provided by Rocket Bicycle Studios <ul style="list-style-type: none"> We will provide SAG on the course (must register with CES before ride to receive SAG bib and contact info) Gatorade/Water will be available at start/finish & approx. halfway around loop. Clif Product Samples will be available, but please plan to supply your own nutrition (bars, gels, etc.) as you should be practicing your own race-day plan 	
5pm - Course Cutoff	<ul style="list-style-type: none"> Maps (turn by turn & complete) provided Post-ride massage & Normatec recovery boot rental available! 	
4-6pm	BBQ feast at Fireman's Park Shelter! Food & beverages INCLUDED! Please RSVP HERE for your food choice for the grill!	Fireman's Park Shelter

SATURDAY, AUGUST 20

Time	Activity	Location
7:00am	Check-in at Madison Open Water Swim (MOWS)	Swim Start at Law Park
7:30-8:00am	CES Team Warmup <ul style="list-style-type: none"> Ironman WI swim course discussion Swim tactics and game plans for the event 	Swim Start at Law Park
8:30-8:45am	MOWS Start (multiple waves) <ul style="list-style-type: none"> 8:30am - 2.4 mile (non-wetsuit) and 1.2 mile (both wet-suit and non-wet-suit) 8:40am - 2.4 Mile (wetsuit) 	Swim Start at Law Park
12-3:00pm	Brick Workout <ul style="list-style-type: none"> 2 hour bike on "stick" portion of IM bike course 1 hour run on local path 	Sheraton Madison (meet in parking lot)
5:00-7:00pm	Interactive Race Prep Session & Dinner with the CES Coaches <ul style="list-style-type: none"> Race info, pacing strategies, nutrition, gear, etc. Includes great pasta buffet dinner 	UW Memorial Union (room location TBD)

SUNDAY, AUGUST 21

Time	Activity	Location
8:00-8:45am	Start/Finish & Transition Area Review at Monona Terrace	Monona Terrace Upper Level Parking
9:00am-12:30pm	Group Run on the Race Course: 13-15 miles (2:15) <ul style="list-style-type: none"> Maps provided - Multiple route distances for different levels Aid station(s) will be at mile 4/8 with Gatorade, water & ClifShot gels & bloks. Please bring your own fluids & nutrition to start, and we HIGHLY recommend a hydration system to carry fuel, money, cell phone, etc. 	Monona Terrace Upper Level Parking
12:30pm	Optional Lunch at nearby cafe/restaurant	