



Camp Schedule

Sunday, March 3

- Hotel check in (3pm or later)
- Meet n Greet Dinner - 7:00pm @ **Growler USA** (link to: <https://growlerusa.com/craft-beer-pubs/az-tucson-oro-valley>), Oro Valley

Monday, March 4

- Swim** (AM) 9:00am to 10:00am (Distance)
- Bike* (PM): 11:00am 3-4 hour ride, distance/terrain TBA

Tuesday, March 5

- Swim** (AM) 9:00am to 10:00am (Distance)
- Bike* (AM) 11:00am 3-4 hour ride, distance/terrain TBA
- Run (PM) - 30min - Transition Run (from your cabin with your mates)

Wednesday, March 6

- Bike* (AM) 10am – Assault of Mount Lemmon (link to: <http://visitmountlemmon.com>) (30 mile mountain climb, 60 mile total)

Thursday, March 7

- Swim** (AM) 9:00am to 10:00am (Distance)
- Run (AM) – 11:00am (Aerobic Endurance 12-18 miles) – Catalina State Park trail run (link to: <https://azstateparks.com/catalina>)

START/FINISH – Catalina State Park – Romero Canyon/Sutherland Trail Head Parking Lot

Friday, March 8

- Swim** (AM) 9:00am to 10:00am (Distance)
- Bike* (PM): 11:00am 3-4 hour ride, distance/terrain TBA

Saturday, March 9

- Bike* (AM) – 9:00am (Endurance-100mi/100k), distance/terrain TBA

Sunday, March 10

- Run* (AM) 7:00am Arizona Distance Classic Half Marathon Run (link to: <http://arizonadistanceclassic.com>)

***START OF RIDES** – Aquatic Center Parking Lot

****Oro Valley Aquatic Center** – Oro Valley, AZ