

## ET 2016 Summer Camp Agenda

### Friday, July 29, 2016

- After 3 pm - Hotel check-in – Hilton Madison Monona Terrace 9 East Wilson Street Madison.
- 4:30 pm – Group swim #1 at Lake Monona – Look for the ET flag on the lakefront behind the hotel.
- 6:30 pm - Official Camp open in lobby.
- 6:45 pm – Meet in lobby to walk to dinner.
- 7 pm – Team dinner at Francesca's al Lago; 111 Martin Luther King Jr. Blvd., Madison; 608.255.6000; <http://www.miafrancesca.com/>

### Saturday, July 30, 2016

- 6:15 am – Breakfast. Details TBA.
- 7:30am – Bike preparation and ride/route discussion in front of hotel. There will be 3 different workout "tracks".
  - Track 1: Ironman course ride (112 miles) with brick run.
  - Track 2: Ironman course ride (76 miles) with brick run.
  - Track 3: Ironman course ride (56 miles) with brick run.
- 7:50am – Begin bike.
- 6:45 pm - Meet in lobby to walk to dinner.
- 7 pm – Team dinner in the Garden at The Great Dane Pub & Brewing Company; 123 East Doty St. Madison; 608.284.0000; <http://downtown.greatdanepub.com/>

### Sunday, July 31, 2016

- 6:30 am - Sunrise tailgate breakfast & group swim #2 at Lake Monona.
- 8:30 am – Long run. Campers will have 2 options. Please check in with your coach for guidance on the best option below for your training plan.
  - Solo or small group run along Lake Monona path. This is the "safest route" (i.e. no cars and easiest route to follow without knowing Madison or staying with a group).
  - Group run along the entire Ironman Wisconsin run course (approximately 13.1 miles). Requires staying with the pace group(s) or knowing the route. Obviously the roads are open to traffic, and there are many busy intersections to navigate. For your safety, we strongly suggest no headphones during this run.
- 11:15am – Official Camp close in lobby.
- 12 noon – Hotel check-out.