

# **HITS Triathlon Series: Weekend Tri-Camps**

## **Itinerary**

(Subject to Minor Change)

### **Friday**

11:00 am-12:00 pm...Check-in  
12:00-1:00 pm...Introductions  
1:00-4:00 pm...Swim/Bike/Run (Sprint/Olympic Routes)  
5:00-7:00 pm...Group Dinner  
8:00 pm...Rest!

### **Saturday**

6:00-8:00 am...Breakfast (on your own)  
8:00 am-12:00 pm...Bike (Half/Full Routes)  
12:00-2:00 pm...Lunch/Rest  
2:00-3:00 pm...Swim (Half/Full Route)  
3:00-5:00 pm...Course Route Debrief  
5:00-7:00 pm...Dinner (on your own)  
8:00 pm...Rest!

### **Sunday**

6:00-8:00 am...Run (Sprint/Olympic OR Half/Full Route)  
8:00-10:00 am...Breakfast (on your own)  
10:00 am-12:00 pm...Final Course Questions  
12:00 pm...Check-Out/Depart!

Registration: [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com) or [www.active.com](http://www.active.com)

Fee: \$99.00 (Registered HITS Series Athletes); \$199.00 (Non-Registered HITS Series Athletes)

Lodging/Travel: [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

About Coach Wilson: <http://hitstriathlonseries.com/about/189-mark-h-wilson>