



Itinerary for 2016 Spring Base Camp

Friday, March 3rd

12:00 - 1:00P	Arrival & Check In – Lazy Hills Resort Ranch House
1:00 - 1:15P	Camp Welcome! (Ranch House) <i>be dressed to ride</i>
1:15 - 1:45P	Nutrition - the importance in training and recovery
2:00 – 4:00P	Riding a Hill Effectively break out & 1 st Ride
4:45 - 5:45P	Run: 5K or 10K route available or Yoga stretch @ 4:45 (20-30 min) or Swim
6:15 - 7:15P	Dinner & Saturday morning preview
7:15 – 7:30P	Pack trailer for Saturday
7:45 – 8:30P	Q & A with Coaches + cold water swimming break-out

Saturday, Mar 4th

6:15 – 7:00a	Breakfast
7:15 – 7:30a	Dress/Pack up for Day
7:15 – 8:00a	Ride to swim – Trailer will bring gear
8:15 - 9:30a	Open Water Swim in Guadalupe – *bring an extra bag so we can bring your swim gear back to Ranch for you.
<p>10:00a – 5:00PM PICK YOUR EPIC SATURDAY</p> <p>1) 3 routes will be available: 80 mile, 56 mile or 20-30 mile</p> <ul style="list-style-type: none"> • if riding 80 miles, lunch will be brought for you in SAG • If riding 56 you can choose to have lunch on route or back at Ranch • If riding 20-30 miles, lunch will be back at Ranch <p>Runs, Yoga Stretch, Lunch, nap time or free time will be available after for any route option chosen. Lunch and Food will be available all afternoon.</p> <p>We will discuss all options on Friday and help you make a decision that best suits your training needs.</p>	
6:30PM	Dinner – Ranch House

Sunday, March 5th

6:15a-7:00 AM	Breakfast (Ranch House)
7:00-7:15 AM	Sunday Preview (Ranch House)
7:15- 8:00AM	Morning Yoga Stretch or Swim
8:30-11:30 AM	Ride Ranch House
1:00 PM	Check out

- Activities subject to change due to weather or other unforeseen circumstances * Times listed are for guideline purposes and may vary slightly based on group flow/dynamics
- 2 SAG vehicles and 2 Coaches on all rides
- All levels of athlete accommodated