



Join VTS Coaching Partner Endorphin Fitness August 28-29 for the Official Patriot's Sprint/Half Training Camp. During this camp, Endorphin Fitness coaches will guide participants through two days of training and instruction specifically tailored towards the Patriot's Sprint/Half Triathlons. Though the camp is race specific, the skills learned can be used during future races as well. Topics covered will include swim/bike/run technique and vehicular supported course previews, transitions, strength training, nutrition, race prep, and more. This camp is open to both Sprint and Half athletes - all levels and pace are welcome. To register or learn more, email info@endorphinfitness.com or call 804.741.1599.

Training Camp Schedule

Saturday August 28

Welcome and Introductions	8:00-8:15 AM
Open Water Swim Technique	8:15-9:45 AM
Transition Clinic	10:00-12:00 PM
Optional Lunch with Coaches	12:00-1:30 PM
Run Technique	1:30-2:30 PM
Run Course Preview	2:30-4:30 PM
Bike Ride (Sprint Only)	3:30-4:30 PM
Strength Training	4:30-6:00 PM
Optional Dinner with Coaches	6:30-8:00 PM

Sunday August 29

Nutrition & Race Strategy Lecture	8:00-9:30 AM
Bike Course Preview (Run After)	10:00-2:00 PM
Closing	2:00-2:30 PM