

MON	TUE	WED	THU	FRI	SAT	SUN
<p>12</p> <ul style="list-style-type: none"> <li> <b>Bike</b> - Long Ride Relaxed aerobic - 40 to 60km 50 km</li> <li> <b>Run</b> - Track session</li> <li> <b>Social Event</b> Sundowners Drinks (8:00 AM)</li> <li> <b>Swim</b> 2km to 4km 3000 m</li> <li> <b>Swim</b> Lanes booked</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li> <b>Run</b> - Long Run 10 to 20km Aerobic 15 km</li> <li> <b>Strength Training</b> - Core Session</li> <li> <b>Other - Notes</b> PF&amp;H Sweat Testing Slots available (5:00 PM)</li> <li> <b>Swim</b> 2km to 4km 3000 m</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li> <b>Bike</b> - Long Ride Long ride 70 to 90km 85 km</li> <li> <b>Social Event</b> Sundowners Drinks (5:00 PM)</li> <li> <b>Swim</b> - Recovery Swim Optional swim 2000 m 1:00:00 hr</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li> <b>Swim</b> - Open Water Open water option 1500 m 1:00:00 hr</li> <li> <b>Run</b> - Easy Track session 8 km</li> <li> <b>Bike</b> - Recovery Ride Relaxed coffee and cake ride 20 to 40... 30 km</li> <li> <b>Other - Notes</b> PF&amp;H Sweat Testing Slots available (8:00 AM)</li> <li> <b>Swim</b> Lanes booked 9 / 10 / 11 2500 m</li> <li> <b>Swim</b> Lanes booked (5:00 PM)</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li> <b>Bike</b> - Long Ride 80 to 110km 110 km</li> <li> <b>Social Event</b> End of Camp Dinner in La Santa Village (5:00 PM)</li> <li> <b>Swim</b> 1:00:00 hr</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li> <b>Other - Notes</b> ATHLETES ARRIVE</li> <li> <b>Social Event</b> Tables booked at Pool bar (5:00 PM)</li> <li> <b>Swim</b> Relaxed / Recovery 1km to 2km 1500 m 1:00:00 hr</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li> <b>Run</b> 3 to 5km relaxed Aerobic 5 km</li> <li> <b>Bike</b> Set up and Sort</li> <li> <b>Bike</b> Relaxed aerobic - 20 to 40km 30 km</li> <li> <b>Other - Notes</b> PF&amp;H Sweat Testing Slots available (5:00 PM)</li> <li> <b>Swim</b> Aerobic 1:15:00 hr</li> </ul>