

THE SWIMSTITUTE PRESENTS:
THE 2ND ANNUAL DAVE SCOTT TRIATHLON CLINIC
(Planned Agenda)

Saturday, Feb. 25, 2012

7:45am - 10:00am - Group Ride

10:10am - 10:40am - Bike BioMechanics - the perfect fit for your body

10:40am - 12:30pm - Strength/Injury Prevention - developing balance, symmetry and strength

12:30pm - 1:00pm - Lunch from Dos Coyotes

12:45pm - 3:00pm - Develop a Year- Round Program - breakdown of cycles

Monitoring Workloads - heart rate, perceived exertion, speed and power, what fits your training mindset

Marker Sets - determination of key workouts that progress through the season

3:00pm - 4:30pm - Swim Session

4:40 - 5:15 - Swim Video Analysis

5:15pm - 7:00 - Break

7:00pm - 9:00pm - Hosted Dinner - Motivational/anecdotal talk with Dave

Sunday, Feb. 26, 2012

7:30am - 9:30am - Running/Injury Prevention - harness your technique! Add key exercises to prevent running injuries.

9:40am - 10:25am - Run Video Analysis

10:30am - 12:00pm - Nutrition - Weight management, increasing lean body weight

- Specific allotment of calories per day
- Do's and don'ts of diet
- Fueling for training and racing
- intake of electrolytes
- supplements

12:00pm - 1:00pm - Lunch from Dos Coyotes

1:15pm - 2:30pm - Swim Session - 5 key elements that will improve your technique

- individual critique

2:30pm - ??? - Q & A + Photos and Autographs

The Swimststitute

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