

No Limits Hawaii Training Camp 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00:00 AM	meet in lobby for swim	Leave house at 7:00	Leave house at 7:00	Leave house at 7:00	Leave house at 7:00	Leave house at 8:00	up at 4:00, on rd by 4:45
7:30:00 AM	Ocean Swim 45-60 min	Ocean swim (60 Min)	Ocean swim (60 Min)	Ocean swim (60 Min)	Ocean swim (30 Min)	Ocean swim (30)	complete Swim check in by 6:40
8:00:00 AM						snorkling 45 min	6:48 40-49 men start
8:30:00 AM	back to hotel to get changed and quick shower					drop off run gear bags after swim	
9:00:00 AM	9:40 Run on Alii drive (45 - 70 min)	Breakfast	Breakfast	Breakfast	Breakfast - sandwich	back to house. Load up bikes	
9:30:00 AM	back to hotel to get changed		pack up vans and drive to waimea			Lunch @ Lava Lava	
10:00:00 AM		Ride to Hawi Pololu Lookout 4 hrs	Drive to Waimea Waipio Lookout 4 hours	House to Hawi to top of Kohala Mtn Rd and back (80 - 120 Km)	House to hotel to register Needed ID	Bike to check in Bike / Helmet	
10:30:00 AM	breakfast near hotel						
11:00:00 AM	Bike works for nutrition and supplies						
11:30:00 AM	Drive to house						
12:00:00 PM							
12:30:00 PM							
1:00:00 PM	Go to house and assess grocery stock assemble bikes						
1:30:00 PM							
2:00:00 PM							
2:30:00 PM							
3:00:00 PM		return to house, hydrate, snack do not eat BIG prepare for run			Pre race meeting 5:00 Fairmont Orchid		
3:30:00 PM							
4:00:00 PM		Run - 5 - 10 Km	Optional Run	Run 45 - 60min			4:00 Awards
4:30:00 PM							
5:00:00 PM							
5:30:00 PM							
6:00:00 PM							
6:30:00 PM	BBQ - Burgers and Salad	Dinner - BBQ Fish	Chicken and Pasta	Quesadillas	Spagetti	Fish and rice	House choice
7:00:00 PM							
7:30:00 PM							
8:00:00 PM	Talk about training in Hawaii						
8:30:00 PM		Prepare for next day	Prepare for next day	Prepare for next day		Prepare for Race	
9:00:00 PM							
9:30:00 PM							

Summary of Camp

