



**Triathlon Run & Swim Skills Camp
National Training Center
February 26-27, 2021
Clermont, FL**

Friday, February 26

08:00 - 08:15 AM	Clinic Check-In
08:15 - 09:00 AM	Welcome and Introductions - Loryn Rossmiller
09:15 - 10:45 AM	Run Assessment and Video - Field Shelly O'Brien: USAT Level III
11:00 - 12:30 PM	Swim Assessment and Video - Pool Shelly O'Brien: USAT Level III
12:30 - 01:30 PM	Lunch
01:30 - 03:15 PM	Run Video Review - Shelly O'Brien: USAT Level III
03:30 - 04:30 PM	Run Mechanics and Fitness Training - Field Shelly O'Brien: USAT Level III

Saturday, February 27

08:00 - 10:00 AM	Swim Video Review - Shelly O'Brien: USAT Level III
10:15 - 12:15 PM	Swim Mechanics and Fitness Training - Pool Shelly O'Brien: USAT Level III
12:15 - 01:15 PM	Lunch
01:15 - 02:30 PM	Open Water Swim Training - Pool Shelly O'Brien: USAT Level III
02:45 - 03:45 PM	Triathlon Specific Strength Training - Pool Bleachers Shelly O'Brien: USAT Level III
03:45 - 04:00 PM	Wrap-up Shelly O'Brien: USAT Level III