



2012 4 Day Camp Itinerary *Itinerary*

Thursday, Day 1

7:00	Breakfast
8:00	Group departs hotel for assessments with Inigo.
12:30	Lunch
1:30	Ride - 2 hours
6:00 pm	Welcome Reception and Dinner.

Friday, Day 2

8:00 am	Breakfast
9:30 am	Depart for ride - 3 to 4 hours.
1:30 pm	Lunch
5:00 pm	Assessment Results with Dr. Inigo San Millan.
7:00 pm	Dinner

Saturday Day 3

8:00 am	Breakfast
9:30 am	Depart for ride - 5 hours.
1:30 pm	Lunch.
5:00 pm	Lecture/Open
7:00 pm	Dinner

Sunday, Day 4

9:30 am	Depart for Ride - 4 hours.
1:30 pm	Lunch
2:30 pm	Training program development
5:00 pm	Lecture/Open discussion Period
7:00 pm	Dinner