



2012 Winter Camp Maui!

Itinerary

Sunday January 8

tbd Athlete Arrivals.

Monday, January 9

8:00 am Breakfast
9:30 am Depart for ride - 3 to 4 hours - Kihei - Makena - Lahaina Kihei
1:30 pm Lunch
2:30 pm Discussion - Over view of week, winter training and goal setting.
7:00 pm Dinner

Tuesday, January 10

8:00 am Breakfast
9:30 am Depart for ride - 4-5 hours - Haleakala - Pukalani - Kula Loop.
2:30 pm Lunch.
3:30 pm Lecture - Winter training continued
7:00 pm Dinner

Thursday, January 11

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

Friday, January 12

9:30 am Depart for Ride - 4-5 hours - Hana? *TBD*,
1:30 pm Lunch
2:30 pm Race Tactics
5:00 pm Possible overnight in Hana - extra fee involved.
7:00 pm Dinner

Saturday, January 13

9:30 am Depart for Ride - 4 hours - route tbd.
1:30 pm Lunch
2:30 pm Open discussion - *Mahalo!*
7:00 pm Dinner

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