

Official Zadar Half Triathlon Training Camp by Adriatic Coaching Schedule

Sat 23 Sep– Fri 29 Sep 2023

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Arrival: Saturday, 23 Sep 2023

Arrival, accommodation to one of the Punta Skala Falkensteiner resort accommodation facilities, including Hotel & Spa Iadera, Family hotel Diadora, Premium Apartments Senia.

11 AM welcome run for the athletes who arrived day earlier

4 PM Open water wellcome swim

8 PM welcome gathering in the Falkenstener resort Punta Skala

Sunday, 24 Sep 2023

1. 8:00 AM Pool Swim (please bring your neoprene suit)- stroke filming for further analysis

2. 11 AM Bike- Route to Insel Vir (53km), TT position on some parts (2 hours total, include some race pace tempo bricks)

+ optional Run- fartlek 30 min to Petrčane (sea promenade) after bike.

3. Evening: Swimming in triathlon Lecture and pre race strategy for swimming.

Monday, 25 Sep 2023

1. 8:00 AM - Run - on the [Zadar Half race course](#), posture filming for further analysis. 45 min with two blocks 15-10 min long. Two groups (slow group block 5:45-5:30, fast group 4:45-4:30).

2. 11:30 AM - Open water swim. 2-3 km fartlek.

3. Evening: Preparing for the race day - race week checklist, TBD:

Tuesday, 26 Sep 2023

1. 8:00 AM Pool Swim

2. 11 AM Bike- two laps (60km total) on the [Zadar Half race course](#)

+ optional Run- fartlek 30 min to Petrčane (sea promenade) after bike.

3. 6 PM Running via sea promenade to Petrčane, 40 min easy to moderate pace.

Wednesday, 27 Sep 2023

Arrival of some athletes (staying for the last 3 days of the camp)

1. 8:00 AM Pool Swim (please bring your neoprene suit)- stoke filming for further analysis

2. 11 AM Bike- Route to Insel Vir (53km), TT position on some parts (2 hours total, include some race pace tempo bricks)

+ optional Run- fartlek 30 min to Petržane (sea promenade) after bike.

3. Evening: Preparing for the race day- race factor to consider, TBD

Thursday, 28 Sep 2023

1. 9:30 AM. Open water swim, Race Course Inspection (NEW!), wetsuit swim. TA familiarization.

2. 4 PM, Running on the Zadra Half course, 30-45 minutes run at an easy to moderate pace. Two groups- slow and fast.

3. Evening: Preparing for the race day- what to bring, TBD:

Friday, 29 Sep 2023

1. 9:30 AM Bike - Last inspection of [Zadar Half race course](#) with race pace intervals to prepare muscles for the race day. 1 lap on the race course.

END of the camp

***If you have questions or wishes regarding this schedule please contact**

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