

2008 International Christian Triathlon Network (ICTN) Camp/Retreat
Schedule of Events
 January 25 – 27, 2008 - Scottsdale, Arizona

Friday, Jan 25

0700-0800 Arrival/Registration
 0800-0845 Breakfast:
 0845-0930 Welcome
 0930-1000 Break/Fellowship
 1000-1050 First Speaker Session
 1100-1150 Second Speaker Session
 1200-1240 Lunch
 1245-1330 Large Group Spiritual Session
 1330-1400 Small Group Breakouts
 1400-1430 Check into rooms/Get ready for workouts
 1430-1700/1800 Training—Coach/Pro-led bike/brick, run, and swim.
 1430: 'A' ride – 20mph+, 40-50 miles, IM AZ course
 'B' ride – 18-20mph, 25-35 miles
 'C' ride – 15-17mph, 15-20 miles
 'M' ride – variable pace mtb on trails
 'A' run – 7:30-8:00 pace, 1:30, up Camelback
 'B' run – 8:30-9:00 pace, 1:00, on nearby trails
 'C' run – 10:00-11:00 pace, :40, area neighborhoods
 Swim – will split into groups by lane
 1600: Brick run after bike by bike groups
 Swim – we'll do another swim session to minimize lane crowding
 1700-1800 Holy Yoga, assisted stretching, relaxation, or continued training
 1800-1900 Dinner
 1900-2100 Spiritual Session/Praise
 2100-?? Fellowship, etc.

Saturday, Jan 26

??-0800 AM training as desired
 0800-0845 Prayer, breakfast,
 0845-0900 2nd Day Welcome/Announcements, etc.
 0900-0950 First Speaker Session
 1000-1050 Second Speaker Session
 1100-1150 Coaches panel—Kirk, Kevin, JR, Brian, Chris
 1200-1240 Lunch
 1245-1330 Large Group Spiritual Session
 1330-1400 Special Presentation – Douglass Paper
 1430-1700/1800 Training—Coach/Pro-led bike/brick, run, and swim.
 1430: 'A' ride – 20mph+, 40-50 miles, IM AZ course
 'B' ride – 18-20mph, 25-35 miles
 'C' ride – 15-17mph, 15-20 miles
 'M' ride – variable pace mtb on trails
 'A' run – 7:30-8:00 pace, 1:30, up Camelback
 'B' run – 8:30-9:00 pace, 1:00, on nearby trails
 'C' run – 10:00-11:00 pace, :40, area neighborhoods
 Swim – will split into groups by lane
 1600: Swim – we'll do another swim session to minimize lane crowding
 Brick run after bike by bike groups
 All workouts back on FRC by ~1730.
 1700-1800 Holy Yoga, assisted stretching, relaxation, or continued training
 1800-1900 Dinner
 1900-2100 Spiritual Session/Praise
 2100-?? Fellowship, Small Groups, etc.

Sunday, Jan 27

??-0800 AM training as desired
0800-0845 Prayer, breakfast
0845-0900 Group photo
0900-0945 Pro Athlete panel—Chris, Jamie, Kirk, John
0945-1030 Pastor Panel—Linc, Scott, Bob, Dan
1000-1100 Raffle; evaluations
1100-1300 Worship, praise, testimonies, pastor, camp close
1300-?? Departures, lunch for those sticking around