

Busso Birds Boot Camp

Program

Friday PM

6pm – 7.30pm

Arrive and settle in and dinner
(own arrangements)

8pm

Nutrition for training and race day
Goal setting

Saturday AM

7.00am

Open water swim (30 MINS)

8am-11am

Ride 2 laps of race course
Short run off bike (up to 30 mins)

Own arrangements for lunch

2pm

Bike maintenance with Kim

4pm

Yoga with Guru Gesine

6pm

BBQ Dinner
Videos and games

Sunday

7am

Optional open water swim (up to 30 mins)

8am

Run into town and 1 or 2 laps of course

10am

Stretch session

11am

Pack up and depart accommodation

12noon

Lunch in town or nearby winery