

No Limits Hawaii Training Camp 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00:00 AM	meet at pier for swim	Leave house at 6:45	Leave house at 6:45	Leave house at 6:45	Leave house at 7:45	Leave house at 7:45	up at 4:00, on rd by 4:45
7:30:00 AM	Ocean Swim 45 min	Ocean swim (60 Min)	Ocean swim (60 Min)	Ocean swim (60 Min)	Ocean swim (30 Min)	Beach Day 2 hours	complete Swim check in by 6:40
8:00:00 AM							6:48 40-49 men start
8:30:00 AM	back to hotel to get changed and quick shower					drop off run gear bags after swim	
9:00:00 AM	9:40 Run on Alii drive (45 - 70 min)	Breakfast	Breakfast	Breakfast	Breakfast - sandwich		
9:30:00 AM	back to hotel to get changed		pack up vans and drive to waimea				
10:00:00 AM						drop off run bags after sw	
10:30:00 AM	breakfast near hotel					drive back to house	
11:00:00 AM	Bike works for nutrition and supplies				House to hotel to register Needed ID	left house at 12:15	
11:30:00 AM	Drive to Food land for groceries (off mauna lani en route to host hotel)	Ride to Hawi Pololu Lookout	Drive to Waimea Waipio Lookout 4 hours	House to Hawi to top of Kohala Mtn Rd and back (80 - 120 Km)		Bike to check in Bike / Helmet	
12:00:00 PM		4 hrs					
12:30:00 PM							
1:00:00 PM							
1:30:00 PM	Go to house and assess grocery stock assemble bikes					Lunch @ Lava Lava	
2:00:00 PM							
2:30:00 PM		return to house, hydrate, snack do not eat BIG prepare for run					
3:00:00 PM					Pre race meeting 5:00 Fairmont Orchid		
3:30:00 PM							
4:00:00 PM		Run - 5 - 10 Km		Run 45 - 60min			4:00 Awards
4:30:00 PM							
5:00:00 PM							
5:30:00 PM						Quesadillas	
6:00:00 PM							
6:30:00 PM	BBQ - Burgers and Salad (hamburgers and chicken)	Dinner - BBQ Fish with Rice and Salad	Ate at Waimea fish tacos etc	Pulled pork sandwiches	Spagetti		House choice
7:00:00 PM			groceries			tattoo party at the house	
7:30:00 PM							
8:00:00 PM	Talk about training in Hawaii					Prepare for Race	
8:30:00 PM		Prepare for next day	Prepare for next day	Prepare for next day			
9:00:00 PM							
9:30:00 PM							
Summary of Camp							

