



2019 HIGH CADENCE AUKEMAN TRAINING CAMP

Monday, July 1	Swim Only	wetsuit, cap, goggles, swim buoy
Monday, July 8	Bike Only	Bike, shoes, helmet
Thursday, July 11	Run Only	Running shoes
Monday, July 15	Swim/Bike Brick	All swim and bike gear
Thursday, July 18	Bike/Run Brick	All bike and run gear
Monday, July 22	Swim/Bike Brick	All swim and bike gear
Thursday, July 25	Swim/Bike/Run Brick	Swim, bike, & run gear
Monday, July 29	Transition Practice	Swim, bike, & run gear