

Ironman Canada Camp-Penticton

July 28-30th,2023

Thursday July 27th

Arrival in Penticton

Pick up camp welcome package

Friday July 28th

AM

Swim- 90min- Ironman course recon and pacing

Run – 1hr – Easy endurance Ironman course recon (first section of the course)

PM

Seminar covering nutrition, pacing and course details

Bike- 1hr Recovery Naramata

Team dinner at Hooded Merganzer- 5pm

Saturday July 29th

AM/PM

Bike – 180km – Ironman Canada Course Recon

Run – 15min- Off the bike

Swim- 20min- Recovery

Sunday July 30th

AM

Run – 2hrs 30min- Ironman Course Recon

Swim- 45min- Recovery/Light Endurance

PM

Travel Home