

## **SCS Multisport Ironman Wisconsin Weekend Schedule**

### **Friday**

12:00-1:00-Athlete Check-in at Hotel

1:00-2:30- Group ride

3:00-4:00- Brick run

4:30-5:00- Group swim: open water tactics and strategy

6:15-7:15- Nutrition seminar (education room)

7:30-9:00- Group dinner @ Tutto Pasta 305 State Street, Madison, WI 608-294-1000

### **Saturday**

6:00-6:45- Breakfast (education room)

7:00-3:00- Fully supported course ride (112 miles)

3:00-3:30- Optional transition run

3:30-4:00- Post workout snack

4:00-6:00- Rest

6:00-7:00- Registration process, gear, and race day preparation & Dinner (education room)

### **Sunday**

6:00-6:45- Breakfast (education room)

7:00-8:00- Group swim

8:00-8:30- Recovery

8:30-10:30- Group long run (13.1 miles)

11:30-12:30- Mental aspects of Ironman (education room)

12:30-12:45 - Final thoughts and Q&A