

Triathlon Camp with Giannis Psarelis in Greece Program

DAILY SCHEDULE

7:30 - 9:30	Swimming in a 10-lane, 50m pool
9:30 - 10:30	Breakfast
10:30 - 14:00	Indoor cycling, running, and strength training
14:00 - 15:00	Lunch
17:00 - 20:00	1-on-1 sessions, video shooting, and analysis
20:00 - 21:00	Evening swim

