

2016 TRI-MANIA SUMMIT AND EXPO MASTER SCHEDULE

TIME	SEMINARS	CLINICS, CLASSES, WORKSHOPS, WORKOUTS... and COMPETITIONS!
	All seminars are FREE to attend and take place in the BU Fit Rec 4-court gymnasium -- same room as the TRI-MANIA expo	All programming below is in the BU Fit Rec Center unless otherwise noted; some are free and some require payment and all require registration; register for the Ask the Coach sessions at the VMPS booth; register for all others at the Information Booth
7:00AM		7:00AM-8:15AM: Total Immersion Super-Efficient Freestyle Fundamentals -- Price: \$75; BU Pool
8:00AM		8AM-9:30AM: Creating a Winning Half Distance Tri Training Plan: A Workshop w/ JOE FRIEL; Price: \$59; Rm 222
		8:00AM - 9:30AM: Eat to Peak: What You Need to Know to Create a Winning Nutrition Plan; Price: \$39; Room 221
		8:00AM-8:45AM: Performance Begins in the Pelvis; FREE, Room 220
		8:00AM-10:00AM: ChiRunning, Level I: \$59 for 1/\$105 for 2; BU Fit Rec indoor track
8:30AM		8:00AM-10:00AM: ChiRunning, Speed with Ease: \$59 for 1/\$105 for 2; Fit Rec indoor track
		8:30AM-9:45AM: Total Immersion Super-Efficient Freestyle Fundamentals -- Price: \$75; BU Pool
9:00AM	9:00AM – 9:45AM: Strength Training for the Body and Mind -- Will Kirousis, Tri-Hard Endurance Sports Coaching	8:30AM-9:15AM: Open Water Swim Skills; Price: \$39; BU Pool
		9:00AM-10:30AM: Video Gait Analysis; 30 minute assessments at 9:00AM, 9:30AM and 10:00AM, FREE; Room 220
		9:00AM-11:00AM: Marathon Sports 4 x 1600m Relay and Marathon Sports 1600m Dash (BU Track & Tennis Center; 100 Ashford Street; Special Guest Announcer: MIKE REILLY
		9:00AM-10:30AM: Functional Movement Screens; every 15 minutes; FREE, Room 220
9:00AM-3:30PM: FastSplits Indoor Bike Time Trial (10k); heats every 40-60 minutes; \$30; expo floor		
9:15AM		9:15AM-10:00AM: Open Water Swim Skills; Price: \$39; BU Pool
9:30AM		9:30AM - 11:00AM: The First-Time Triathlete Workshop; Price: \$49; Room 222
9:45AM	9:45AM – 10:15AM: Ride Up To 5 MPH Faster. No Extra Training Required by Ian Buchanan, Fit Werx	9:45AM - 11:15AM: Weight Management for the Female Triathlete; Price: \$39; Room 221
10:00AM	EXPO OPENS	
10:15AM	10:15AM – 10:45AM: Work Less, Swim Better: A Plan for Making Every Lap Count -- Terry Laughlin, Total	
10:30AM		10:30AM-12:00PM: ChiRunning, Level II: \$59 for 1/\$105 for 2; BU Fit Rec indoor track
10:45AM	10:45AM – 11:30AM: Joe Friel's Top 5 Training Tips for the New Season -- Joe Friel, elite triathlon coach	
11:00AM		11:00AM-12:00PM: Functional Strength & Corrective Cross Training Strategies for Endurance Athletes; Room 220
		11:00AM-12:00PM: Kettlebell Training for Triathletes; Price: \$20; Room 222
11:15AM		11:15PM-12:15PM: Bike Fit 101: Maximize Your Power, Comfort & Efficiency w/ a Professional Bike Fit; FREE; Rm 221
11:30AM	11:30AM-12PM: Finding and Nourishing Your Inner Beast: Keys to Becoming Your Fastest, Healthiest, and Happiest Endurance Sport Athlete -- Jordan D. Metz, MD, author, creator of Ironstrength Workout	11:30AM-12:00PM: ASK THE COACH: Your Marathon Taper--Arrive at Race Day Fresh, Sharp, and Ready to Race; FREE at VMPS booth
MIKE REILLY MEET & GREET AT THE PEAK TRIATHLON BOOTH (11:30AM-12:00PM)		
12:00PM	12:00PM – 12:30PM: The New Science Behind Muscle Cramping -- Thomas Wessell, MD PhD, Chief Medical Officer at Flex Pharma	12PM-12:30PM: ASK THE COACH: First Time IRONMAN Q&A; FREE at the VMPS booth
		12PM-1PM: Enhancing Your Power & Endurance Through Proper Shoulder and Thoracic Mobility; FREE; Rm 222
		12PM-1PM: Yoga for Endurance Athletes – Combining Movement & Breath to Break Through Barriers; Room 220
		12PM-1:30PM: Relay Team Swim Challenge and the Swim Sprint presented by Winning Swimming; BU Pool
12:30PM	12:30PM – 1:00PM: Carbs & Triathletes: Finding the Right Balance -- Nancy Clark, RD, CSSD	12:30PM-1:00PM: ASK THE COACH: Short Course Triathlon Training Plan Review; FREE at the VMPS booth
1:00PM		1PM-1:30PM: ASK THE COACH: Make the Jump from IRONMAN finisher to Kona Qualifier; FREE at the VMPS booth
1:15PM	1:15PM - 2:15PM: USAT NE Meeting & KEYNOTE: Finding Your Next Finish Line: Your Best Memories are Ahead of You -- Mike Reilly, Voice of IRONMAN (seminar area)	
1:30PM		1:30PM: Total Immersion Super-Efficient Freestyle Fundamentals -- Price: \$75; BU Pool
		1:30PM-2PM: ASK THE COACH: Smart Bike Modifications: Shorter Crank Arms & Single Chain Rings; FREE, VMPS booth
2:00PM		2:00PM-3:30PM: Unlocking the Secrets and Science of Speed: A Workshop with JOE FRIEL; Price: \$49; Room 222
		2:00PM-2:30PM: ASK THE COACH: Long Course Triathlon Training Plan Review; FREE at the VMPS booth
2:15PM	2:15PM – 2:45PM: Cadence is King: Everything You Need to Know About Running Cadence & How it Can Make You a Better Runner -- Colin Cook, Peak Triathlon	
2:30PM		2:30PM-3:15PM: Open Water Swim Skills; Price: \$39; BU Pool
		2:30PM-4:30PM: ChiRunning, Level I: \$59 for 1/\$105 for 2; BU Fit Rec indoor track
		2:30PM-3PM: ASK THE COACH: Strategies for the Bike at IRONMAN Lake Placid & Mont Tremblant; FREE, VMPS Booth
		2:30PM-3:30PM: Ironstrength Workout with Dr. Jordan Metz; Room 220
2:45PM	2:45PM – 3:15PM: The Skills You Need for Race Day -- USAT Certified coaches from Breakthrough Performance Coaching, Susan Sotir, PhD & David Sek	
3:00PM		3PM-3:30PM: Strategies for the Swim & Run Courses at IRONMAN Lake Placid & Mont Tremblant; FREE at VMPS booth
3:15PM	3:15PM – 3:45PM: Hydration, Electrolyte Replenishment & Dehydration Myth: How to Prevent Hyponatremia (EAH) and Exertional Heat Stroke -- Dr. Sandra Fowkes Godek, Levens	3:15PM-4:00PM: Open Water Swim Skills; Price: \$39; BU Pool
3:30PM		3:30PM-4PM: ASK THE COACH: Data that Matters: Power, Cadence, Heart Rate, Torque; FREE, VMPS booth
3:45PM	MIKE REILLY YOU MAKE THE CALL CONTEST at the USAT Northeast Booth on expo floor	
4:45PM	GRAND PRIZE DRAWING: RaceQuest Travel Training Camp in Costa Rica; drawing from RaceQuest Travel booth (pre-registration required; winner must be present)	
5:00PM	The 2016 TRI-MANIA Summit and Expo is a wrap... GOOD LUCK in the season ahead!	