



Georgia Climbing Camp Camp Schedule

Thursday

- 2:30 PM – Camp start / pre ride coaching instruction
- 3:00 PM – 3 hrs (37 miles) with Woody's Gap, Wolf Pen Gap and Neals Gap (3 Gap route). To see the Garmin file, [click here](#)
Ride focus: Become familiar with long climbs and descents. Practice climbing and descending technique
- 7:00 PM – Dinner / social time
- 9:00 PM – massage / relaxation time

Friday

- 7:30 AM – Breakfast / pre ride coaching instructions
- 8:30 AM – 6-7 hours (82 miles) 6 Gap Century route. To see the Garmin file, [click here](#)
Ride focus: 6-Gap Century reconnaissance. One on one and group coaching instruction on descending and cornering technique and optimal nutrition for long endurance rides
- 4:00 PM – Massage / relaxation time
- 5:00 PM – Dinner / social time
- 8:00 PM – massage / relaxation time

Saturday

- 7:30 AM – Breakfast / pre ride coaching instructions
- 9:00 AM – 4 hours (61 miles) with Brasstown Bald and 3 Gap in reverse. To see the Garmin file, [click here](#)
Ride focus: How to approach very steep climbs
- 2:00 PM – Lunch
- 3:00 PM – Massage / relaxation time
- 6:00 PM – Dinner / social time
- 8:00 PM – massage / relaxation time

Sunday

- 7:30 AM – Breakfast / pre ride coaching instructions
- 8:30 AM – 1.5 hour ride (25 miles) scenic ride in the wine country. To see the Garmin file, [click here](#)
- **Ride focus:** Social ride
- 11:00 PM – Camp ends