



Swim-Bike-Run toward  
a Healthy Lifestyle



## ***Triathlon Training Summer Camp 2009***

**Madison, Wisconsin**

**July 31 – August 2**

- An exciting weekend of training and coached clinics in a small group setting presented by the USAT certified ET coaching staff.
- Designed to move your training to the next level and to accommodate athletes of all ability levels, from 'first timers' to veterans. Athletes will be able to choose the topics and workouts that best fit their interest and ability.
- **Clinic topics:**
  - Open water swim techniques
  - Transitions and flying bike mount/dismounts
  - Hill cycling and running techniques
  - USAT rules and regulations roundtable
  - Mental toughness techniques
  - Bike cleaning, maintenance and flat tire repair practice
  - Training with a Power Meter on the bike
  - Nutrition planning for endurance athletes
  - Periodization – The art and science of training plan development
- **Workouts:** (All workouts will have several different pace and distance groups)
  - Group rides on the Ironman Wisconsin race course
  - Open water swimming on the Ironman Wisconsin race course
  - Group runs on the University of Wisconsin lakefront and Ironman course
- **Camp fee:** \$ 295 (double occupancy) or \$345 (single occupancy) *Includes -*
  - Coaching cost for all clinics
  - Two nights lodging at Extended Stay – Madison West
  - Food during Saturday workouts, clinics, team BBQ dinner
  - ET Summer Camp T-shirt and ET water bottle
- ***Camp starts Friday at 5:00 P.M. and concludes Sunday at noon.***
- Camp enrollment will be limited and it is expected to fill quickly. To register, please complete the attached registration form.



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## ET 2009 Summer Camp Registration Form

**Dates:** July 31 – August 2

**Location:** Madison, WI

**Fee:** Single Occupancy - \$ 345.00  
Double Occupancy - \$ 295.00

**Participant Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email:** \_\_\_\_\_

***Please return your completed registration form and \$100.00 down payment to Coach Joe***

***Final payment is due by July 15.***

Payment can be made via check (made out to Experience Triathlon) or credit card.

- Down payment amount enclosed \$ \_\_\_\_\_
  
- I would like the following amount charged to my credit card \$ \_\_\_\_\_
  - Please use my credit card on file at ET \_\_\_\_\_
  - Please use an alternate credit card as noted below \_\_\_\_\_

Indicate credit card type below:

*Mastercard*    *Visa*    *American Express*    *Discover*

Credit Card Number: \_\_\_\_\_

Credit Card Expiration Date: \_\_\_\_\_

Credit Card Three/Four Digit Security Code: \_\_\_\_\_

Billing Address: \_\_\_\_\_

\_\_\_\_\_

**Please return your completed registration form and payment information to:**

**Mail:** Joe LoPresto

1615 Lois Ann Lane

Naperville, IL 60563

630-430-9006

**Email:** [coachjoe@experiencetriathlon.com](mailto:coachjoe@experiencetriathlon.com)