



Swim-Bike-Run toward
a Healthy Lifestyle



Triathlon Training Camp 2008

Pleasant Lake in Elkhorn, Wisconsin

Only minutes from Lake Geneva and Kettle Moraine State Forest

August 1 – August 3

- 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 techniques
 - USAT rules and regulations overview
 - Hill running techniques
 - Bike cleaning, maintenance and flat tire repair practice
 - Training with a Power Meter on the bike
 - Nutrition planning for athletes
 - Periodization – The art and science of training plan development
- **Workouts:** (All workouts will have several different pace and distance groups)
 - Group rides
 - Open water swimming
 - Group runs and trail running
 - Sunrise yoga on the lakefront by Sharon Denton
- **Camp fee:** \$ 395.00 *Includes -*
 - Coaching cost for all clinics
 - Two nights lodging on Pleasant Lake (private lake home)
 - Food and beverages for Friday night, Saturday breakfast and dinner, Sunday breakfast
 - ET Summer Camp dri-fit 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 2008 Summer Camp Registration Form

Dates: August 1 – August 3
Location: Pleasant Lake - Elkhorn, WI

Fee: \$395.00

Participant Name: _____

Address: _____

Phone Number: _____

Email: _____

Please return your completed registration form and \$100.00 down payment to Coach Greg Fordyce. Final payment is due by July 18.

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 Digit Code: _____

Billing Address: _____

Please return your completed registration form and payment information to:

Mail: Greg Fordyce
491 Terrace Lane
South Elgin, IL 60177
630-240-1338

Email: coachgreg@experiencetriathlon.com