



TRIATHLON BC NATIONAL CHAMPIONSHIP PREP CAMP JULY 31 & AUGUST 1

Register for Triathlon BC's Prep Camp and receive an intensive, world class, two-day training experience that will bring you to peak fitness in time for Kelowna's National Championships!

Led by Professional Coach and LifeSport Coaching Director, Bjoern Ossenbrink, the Camp takes place in Vancouver, and focuses on developing Olympic distance performance through a careful combination of in-class lectures and discussions, together with real world, open water swimming and focused cycling and running sessions!

Whether you are a beginner or an elite amateur, all you need is a sincere desire to improve. Register today and gain an unparalleled advantage over your competition!

TRAINING CAMP ITINERARY

SATURDAY, JULY 31st, 2010:

- 9:00 – 9:15 *WELCOME & INTRODUCTIONS*
- 9:15 - 10:30 *LECTURE & DISCUSSION:* The importance of bike & run pacing.
- 10:30 - 1:30 *TRAINING:* Brick (Bike to Run): Focus on bicycle hill climbing techniques and run pacing strategies.
- 1:30 - 2:30 *LUNCH BREAK*
- 2:30 - 3:30 *LECTURE & DISCUSSION:* Olympic & Sprint Distance nutrition planning.
- 3:30 - 5:00 *TRAINING:* Open water swimming, sight lines and efficient T1 transitions.

SUNDAY, AUGUST 1st, 2010

- 9:00 - 9:45 *LECTURE & DISCUSSION:* Running techniques and running interval training.
- 9:45 - 11:00 *TRAINING:* Run session - Focus on running drills and interval training.
- 11:00 - 12:00 *LUNCH BREAK*
- 12:00 - 1:30 *TRAINING:* Open water swimming, mass start/accelerations, open water drafting and using stroke rates to maximize efficiency.
- 1:30 - 3:30 *TRAINING:* Cycling; cornering, accelerating, paceline skills and a look at draft legal racing.
- 3:30 - 4:30 *DEBRIEF:* Wrap-up, Q & A.

CAMP FEE: \$199.00, TriBC members only.

The sport of Triathlon has shown amazing growth over the past 5 years. With over 50 sanctioned events taking place throughout the province and close to 20,000 participants, Triathlon is quickly establishing itself as the 'go-to' sport for participants that are looking to build fitness and meet new people.



FOR FULL INFO & TO REGISTER, PLEASE VISIT WWW.TRIBC.ORG > NEWS