



## **Mark Wilson's Triathlon Training Camp Lake George, NY August 23-27, 2010**

### ITINERARY

(Subject to Minor Revision)

#### **Sunday**

4:00 pm-Check-In (North Green Island-Bolton Landing, NY)

5:00-7:00 pm-Introductions/Dinner

#### **Monday**

7:00-8:00 am-Run (Videotaping/Instruction)

8:00-10:00 am-Breakfast

10:00-11:00 am-Swim (Videotaping/Instruction)

11:00 am-1:00 pm-Lunch

1:00-4:00 pm-Group Ride ("Long")

5:00 pm-Dinner

#### **Tuesday**

7:00-8:00 am-Group Run

8:00-10:00 am-Breakfast

10:00-11:00 am-Group Ride (Hills)

11:00 am-1:00 pm-Lunch

1:00-3:00 pm-Open Water Swim (Sighting, etc.)

3:00-4:00 pm-Review Run/Swim Videotape

5:00 pm-Dinner

#### **Wednesday**

7:00-8:00 am-Group Run (Track Intervals)

8:00-10:00 am-Breakfast

10:00-11:00 am-Nutrition For Training/Racing

11:00 am-1:00 pm-Lunch

1:00-4:00 pm-Swim/Bike/Run ("Brick")

5:00 pm-Dinner

#### **Thursday**

7:00-8:00 am-Group Run ("Pick-Ups")

8:00-10:00 am-Breakfast

10:00-11:00 am-Mental Strategies For Success

11:00 am-1:00 pm-Lunch

1:00-4:00 pm-Swim/Bike/Run ("Brick")

5:00 pm-Dinner





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### **Friday**

7:00-8:00 am-Group Run ("Pick-Ups")

8:00-10:00 am-Breakfast

10:00-11:00 am-Race Day Goals

11:00 am-1:00 pm-Lunch

1:00-4:00 pm-Transition Mastery (T1 & T2)

5:00 pm-Dinner (Location TBD)

### **REGISTRATION**

Go to [www.Active.com](http://www.Active.com) or Mail \$1,000.00 (check or money order prior to camp) payable to Mark Wilson-370 Coldbrook Rd. Bearsville, NY 12409 or major credit card by phoning the number listed below). Room/board and transportation are your responsibility. Questions? Call 845-679-8602 or e-mail [mark@hvtc.net](mailto:mark@hvtc.net). Registration closes on August 21<sup>st</sup>, 2010.

### **COACH WILSON**

**Mark H. Wilson**-Founder/President Hudson Valley Triathlon Club ([www.hvtc.net](http://www.hvtc.net)), 7-Time Finisher Ironman USA Lake Placid (10:59:40 PR), 8-Time Survivor of S.O.S. (4:50:38 PR), Escape From Alcatraz Qualifier, Ironman 70.3 World Championship Finisher, USAT All-American.

### **YOUR EXPERIENCE WILL INCLUDE:**

- Five days of intensive, focused, cutting-edge instruction in triathlon training/racing at any distance; sprint to iron.
- Expert-led sessions on bike handling, gearing, transitions, heart-rate monitors, nutrition, speed-work and designing a triathlon-training program.
- All sessions are under the supervision of a USAT All-American and Professional Coach.
- Personal attention, motivation and inspiration to become a successful triathlete!
- And, of course, lots of fun!!!

### **WHAT TO BRING**

**General Clothing**-Most days are warm and pleasant, although the mornings and evenings can be quite chilly. I'd recommend bringing sweatshirts/sweaters for transitions to surrounding restaurants/stores, etc.



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**Swimming**-goggles, swim suit(s), wetsuit (open water swimming), Bodyglide (deodorant-like lubricant found at most tri-shops), nose/ear plugs. Swim cap provided.

Read: *Pose Method of Triathlon Techniques* by Dr. Nicholas Romanov [www.posetech.com](http://www.posetech.com)

**Cycling**-bike with computer that measures cadence, helmet, shoes, shorts, jersey(s), arm warmers, leg warmers, wind jacket, glasses, Chamois BUTT'r (lubricant for your bottom found at most tri-shops), gear pouch (including-spare tube, patch kit, tire levers), floor pump, frame pump, and water bottles.

Read: *Pose Method of Triathlon Techniques* by Dr. Nicholas Romanov [www.posetech.com](http://www.posetech.com)

**Run**-race belt, heart rate monitor, shoes, mesh cap, shorts, tank top, lightweight jacket, Easy Laces (found at most tri-shops) and sunglasses.

Read: *Pose Method of Triathlon Techniques* by Dr. Nicholas Romanov [www.posetech.com](http://www.posetech.com)

**Strength Training**-comfortable clothing.

Read: *Max Contraction* by John Little [www.maxcontraction.com](http://www.maxcontraction.com)

Read: *Getting Stronger* by Bill Pearl [www.billpearl.com](http://www.billpearl.com)

**Nutrition**-One of the major components to a successful triathlon or endurance sport.

Read: *The Endurance Athlete's Guide to Success* by Steve Born [www.e-caps.com](http://www.e-caps.com)

Read: *Complete Meal Planning Guide For Sports Nutrition* by Monique Ryan [www.moniqueryan.com](http://www.moniqueryan.com)

**Classroom Sessions**-Open mind. Pad & pen for notes, etc.

Read: *The Power of Intention* by Dr. Wayne Dyer [www.drwaynedyer.com](http://www.drwaynedyer.com)

Read: *The Law of Attraction* by Esther & Jerry Hicks [www.abraham-hicks.com](http://www.abraham-hicks.com)

### ACCOMODATIONS



Lake George Chamber of Commerce

<http://www.lakegeorgechamber.com/lake-george-lodging.htm>



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