



Mark Wilson's Triathlon Training Camp Lake George, NY August 22-27, 2011

ITINERARY

(Subject to Minor Revision)

Sunday

6:00 pm-Introductions (Meet in Coach Wilson's Suite)
7:00-9:00 pm-Dinner (Location TBD)

Monday

7:00-8:00 am-Swim (Videotaping/Instruction)
8:00-10:00 am-Breakfast/Rest
10:00 am-12:00 pm-Bike (Introduction to Hill Riding)
12:00-2:00 pm-Lunch/Rest
2:00-3:00 pm-Run (Videotaping/Instruction)
3:00-4:00 pm-Review Swim/Run Videotape
5:00 pm-Dinner/Rest

Tuesday

7:00-8:00 am-Swim (Dock to Boathouse)
8:00-10:00 am-Breakfast/Rest
10:00 am-12:00 pm-Bike (Hills)
12:00-2:00 pm-Lunch/Rest
2:00-3:00 pm-Run (Pick-Ups)
4:00-5:00 pm-Nutrition For Training/Racing
5:00 pm-Dinner/Rest

Wednesday

7:00-8:00 am-Swim (Boathouse to Dock)
8:00-10:00 am-Breakfast/Rest
10:00 am-12:00 pm-Bike (More Hills)
12:00-2:00 pm-Lunch/Rest
2:00-3:00 pm-Run (Track)
4:00-5:00 pm-Mental Strategies For Success
5:00 pm-Dinner/Rest

Thursday

7:00-8:00 am-Swim (Around Island)
8:00-10:00 am-Breakfast/Rest
10:00 am-12:00 pm-Bike (And, More Hills)
12:00-2:00 pm-Lunch/Rest
2:00-3:00 pm-Run (Active Recovery)
3:00-5:00 pm-Inspirational Video
5:00 pm-Dinner/Rest





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Friday

4:00 am-Pre-Workout Meal
6:00 am-Pre-Workout Hammer Products
7:00 am-12:00 pm-5 Hour Brick (Bike/Run/Swim)
12:00-3:00 pm-Lunch/Rest
3:00-5:00 pm-Brick Debrief
5:00 pm-Group Dinner (Location TBD)

Saturday

7:00-8:00 am-Active Recovery Swim
9:00 am-12:00 pm Individual Tri-Camp Summary
12:00 pm-Depart!

REGISTRATION

Go to 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. Registration closes on August 20th, 2011.

COACH WILSON

Mark H. Wilson-Founder/President Hudson Valley Triathlon Club (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:

- Six 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!!!





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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.

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.poseotech.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.poseotech.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.poseotech.com

Strength Training-comfortable clothing.

Read: *Getting Stronger* by Bill Pearl 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

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

Read: *The Power of Intention* by Dr. Wayne Dyer www.drwaynedyer.com

Read: *The Law of Attraction* by Esther & Jerry Hicks www.abraham-hicks.com

ACCOMODATIONS



Sagamore Resort (Host Hotel)

<http://www.thesagamore.com/index.htm>

OR...

Bolton Landing Chamber of Commerce (Lodging)

<http://www.boltonchamber.com/bolton-landing-lodging.asp>

