



MARK WILSON'S TRIATHLON CAMP

Lake Placid, NY-June 13-18, 2011

ITINERARY

(Subject to minor revision)

Sunday

3:00-5:00 pm-Arrival

6:00-8:00 pm-Group Dinner/Introductions (Meet in Coach Wilson's Suite)

Monday

7:00-8:00 am-Swim Videotaping

8:00 am-12:00 pm-Group Ride (56 miles)

12:00-2:00 pm-Lunch/Rest

2:00-3:00 pm-Run Videotaping

3:00-4:00 pm-Visit Kenny & Bill at Placid Planet Bicycles

Tuesday

7:00-8:00 am-Group Swim (1.2 miles)

8:00-10:00 am-Brunch

10:00 am-1:00 pm-Review Swim/Run Video & Nutrition For Training/Racing

1:00-4:00 pm-Group Run (13.1 miles)

Wednesday

7:00-8:00 am-Group Swim (1.2 miles)

8:00 am-12:00 pm-Group Ride (56 miles)

12:00-2:00 pm-Lunch/Rest

2:00-4:00 pm-Mental Strategies: The Law of Attraction

Thursday

7:00-10:00 am-Group Run (13.1 miles)

10:00 am-12:00 pm-Brunch

12:00-3:00 pm-Inspirational Video

3:00-4:00 pm-Group Swim (1.2 miles)

Friday

7:00 am-5:00 pm-Long Day (Bike 112 & Run 6-22 miles)

6:00-8:00 pm-Group Dinner (TBA)

Saturday

8:00 am-12:00 pm-Individual Tri-Camp Summary

Depart!



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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 June 1st, 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), 7-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!!!

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 from the hotel to surrounding restaurants/stores, in addition to fall/winter cycling gear (i.e.-cycling vests, lightweight windbreakers, gloves, booties, 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.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

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

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



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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

BIKE SHOP



Placid Planet Bicycles

Contact: Bill or Kenny

2242 Saranac Avenue

Lake Placid, NY 12946

Phone: 518-523-4128; Fax: 518-523-2704

E-Mail: info@placidplanetbicycles.com

Website: www.placidplanetbicycles.com

ACCOMODATIONS



Lake Placid Crowne Plaza

101 Olympic Dr.

Lake Placid, NY 12946

Telephone: 877-570-5891; Fax: 518-523-9410

E-Mail: info@lakeplacidcp.com

Website: www.lakeplacidcp.com/