



## MARK WILSON'S TRIATHLON CAMP

Lake Placid, NY-June 14-19, 2010

### ITINERARY

(Subject to minor revision)

#### Sunday

3:00-5:00 pm-Arrival

6:00-8:00 pm-Group Dinner/Introductions (Meet in main lobby, then off to dinner!)

#### Monday

8:00 am-12:00 pm-Group Ride (42-56 miles) & Run (3-7 miles)

12:00-3:00 pm-Lunch/Rest

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

4:00-5:00 pm-Swim (1.2 miles)

#### Tuesday

9:00-11:00 am-Group Ride (North Pole & Back!)

11:00 am-12:00 pm-Weight Training (Fitness Revolutions)

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

2:00-3:00 pm-Nutrition: Training/Racing

4:00-5:00 pm-Swim (1.2 miles)

#### Wednesday

8:00 am-6:00 pm-Long Day (Bike 112 miles & Run 1-3 hours)

#### Thursday

9:00-11:00 am-Long Day Debrief

11:00 am-12:00 pm-Weight Training

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

2:00-3:00 pm-Swim (1.2 miles)

3:00-5:00 pm-Inspirational Video

#### Friday

9:00 am-1:00 pm-Long Run (10-25 miles)

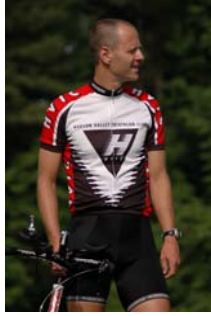
1:00-6:00 pm-Rest

6:00-8:00 pm-Group Dinner (Location TBD)

#### Saturday

9:00 am-5:00 pm-Individual Camp Summary with Coach Wilson

9:00 am-5:00 pm-Depart!



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### REGISTRATION

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).

### 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), 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](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)

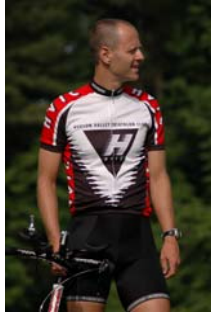
**Nutrition**-One of the major components to a successful triathlon or endurance sport.

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)

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**CAUTION:** Participating in triathlon and HVTC may cause radiant health and spiritual well-being!



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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](http://www.drwaynedyer.com)

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

Website: [www.placidplanetbicycles.com](http://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](mailto:info@lakeplacidcp.com)

Website: [www.lakeplacidcp.com/](http://www.lakeplacidcp.com/)

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