



MARK WILSON'S TRIATHLON CAMP
Kailua-Kona, Hawai'i January 17-22, 2011

ITINERARY

(Subject to minor revision)

Sunday

5:00-8:00 pm-Introductions/Group Dinner (Meet in Coach Wilson's Suite!)

Monday

7:00-8:00 am-Run Videotaping/Instruction (Kealakehe High School)
8:00-10:00 am-Breakfast
9:00-11:00 am-Bike Rental Pick-Up (Bike Works)
11:00 am-1:00 pm-Group Ride (Queen Ka'ahumanu Highway)
1:00-3:00 pm-Lunch/Rest
3:00-4:00 pm-Swim Videotaping/Instruction (Royal Kona Resort Lagoon)
4:00-5:00 pm-Review Run & Swim Videotape (Coach Wilson's Suite)

Tuesday

7:00-8:00 am-Group Run (Negative Split)
8:00-10:00 am-Breakfast
10:00 am-1:00 pm-Group Ride (Queen Ka'ahumanu Highway)
1:00-3:00 pm-Lunch/Rest
3:00-4:00 pm-Pacific Ocean Swim (Kayak Supported)
4:00-5:00 pm-Mental Strategies For Training & Racing (Coach Wilson's Suite)

Wednesday

7:00-8:00 am-Group Run (Hills)
8:00-10:00 am-Breakfast
10:00 am-1:00 pm-Group Ride (Hills-Kaloko Rd.)
1:00-3:00 pm-Lunch/Rest
3:00-4:00 pm-Pacific Ocean Swim (Kayak Supported)
4:00-5:00 pm-Training Plans: Sprint-Ironman (Coach Wilson's Suite)

Thursday

7:00-8:00 am-Group Run (Negative Split)
8:00-10:00 am-Breakfast
10:00 am-1:00 pm-Group Ride (Time Trial-Queen Ka'ahumanu Hwy.)
1:00-3:00 pm-Lunch/Rest
3:00-4:00 pm-Pacific Ocean Swim (Kayak Supported)
4:00-5:00 pm-Nutrition For Training & Racing (Coach Wilson's Suite)





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Friday

6:00-7:00 am-Breakfast

7:00 am-5:00 pm-Group Ride (Hawi and back; brunch at Kohala Coffee Mill)

6:00 pm-Group Dinner (Location TBD)

Saturday

7:00-8:00 am-Group Run (Recovery)

8:00-10:00 am-Breakfast

10:00 am-12:00 pm-Return Rental Bikes (Bike Works)

12:00-4:00 pm-Free-Time/Sightseeing

Depart!

REGISTRATION

You may register at www.active.com OR mail \$1,000.00 (prior to camp) in U.S. funds, payable to Mark Wilson (370 Coldbrook Rd., Bearsville, NY 12409). Room/board and transportation are your responsibility; see more information below. Questions? Call 845-679-8602 or e-mail mark@hvtc.net.

COACH WILSON



Mark Wilson is a Professional Triathlon Coach, Founder/President Hudson Valley Triathlon Club, 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, 6-Time USAT All-American.



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



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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 fit, handling, gearing, transitions, heart-rate monitors, nutrition, speed-work and designing a triathlon-training program, etc.
- Life-changing experiences with like-minded individuals from around the planet in a world-class vacationer's environment!
- Swim/Run videotaping plus analysis and instruction.
- Personal attention, motivation and inspiration to become a successful triathlete/person!
- And, of course, lots of fun!!!

WHAT TO BRING

General Clothing-Most days are very warm, hot, and humid (evenings range in the low 60's and the days are usually in the mid to high 70's; yes, it's lovely!). You may prefer to bring a light sweater for the night-time "chill."

<http://forecast.weather.gov/MapClick.php?CityName=Kailua+Kona&state=HI&site=HFO&textField1=19.638&textField2=-155.993&e=0>

Swimming-goggles, swim suit(s), NO WETSUIT NECESSARY, sandals, mesh swim-bag. Swim cap provided.

Read: *Pose Method of Triathlon Techniques* by Dr. Nicholas Romanov www.posetech.com

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

(Bike Rental Includes: bike, helmet, gear/repair pouch and items, floor pump, and bike pump)

Read: *Pose Method of Triathlon Techniques* by Dr. Nicholas Romanov www.posetech.com

Run-heart rate monitor, shoes, mesh cap, shorts, tank top, Easy Laces (found at most tri-shops).

Read: *Pose Method of Triathlon Techniques* by Dr. Nicholas Romanov www.posetech.com

Nutrition-One of the major components for a successful triathlon/endurance sport.

Read: *The Endurance Athlete's Guide to Success* by Steve Born www.e-caps.com

Read: *Eat Right 4 Your Type* by Peter D'Adamo www.dadamo.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





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BIKE SHIPMENT/RENTAL & TRI-SHOP:



Bike Works
Contact: Vern
Hale Hana Centre
74-5583 Luhia Street
Kailua-Kona, Hawaii 96740
808-326-2453
bikereservations@hpbikeworks.com
www.hpbikeworks.com

ACCOMODATIONS



Royal Kona Resort
75-5852 Alii Drive
Kailua-Kona, HI 96740
Toll-Free Reservations: 800-222-5642 (US/Canada)
Toll-Free Sales Office: 800-919-8333 (US/Canada)
Sales Office Fax: 808-329-9532
Hotel Telephone: 808-329-3111
Hotel Fax: 808-329-7230
Email: hhr@hawaiihotels.com
Website: www.hawaiihotels.com





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AIRPORT

Kona International Airport at Keahole (KOA)

Kona International Airport at Keahole occupies 3,450 acres of land about seven miles northwest of Kailua-Kona on the island of Hawaii. The airport accommodates domestic overseas, international, inter-island, commuter/air taxi, and general aviation activities. It has an 11,000-foot runway and a complex of facilities at the eastern edge of the airfield for arriving and departing passengers, air cargo and mail, airport support, and general aviation operations. These facilities are served by an access roadway extending from the Queen Kaahumanu Highway. At the passenger terminals, the access roadway forms a one-way loop enclosing public parking and rental car check-in facilities. An additional complex of facilities, used primarily by rental car agencies for returns, general maintenance, and storage is located along the airport access roadway, midway between the passenger terminals and the highway. General aviation, cargo, and related facilities are located to the south of the passenger terminals and the access roadway.



DINING

- Lava Java (\$\$\$, worth every bite)
- Bubba Gump's (\$\$\$, good food, fun place)
- U Top It (\$\$, good food, diner-like)
- Buns in the Sun (\$\$, awesome bakery, sandwiches, etc.)
- Huggo's (\$\$\$, live music daily)
- Royal Kona Resort (\$\$, daily breakfast buffet)
- Jamba Juice (\$\$, worth the walk)
- Uncle Ben's (\$\$\$, good food, very social location)
- Kona Inn (\$\$\$\$, fine ocean-front dining)

FARMER'S MARKET (Wednesday-Sunday)

- Ali'i Drive (incredible selection of fruits to eat and gifts for friends back home)



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GROCERIES

- Sack & Save (bulk items, etc.)
- ABC Stores (convenient store, easily accessible)
- Island Naturals (excellent health food store, 1.5 miles from hotel) www.islandnaturals.com

BANKING

- ATM machines everywhere

INTERNET

- Lava Java (Free laptop or \$7.00/40 min. on-site computers)

Welcome To Kailua-Kona!!!!

