



Lake Placid Triathlon Training Camp
May 24th - May 27th, 2014

Push Hard Multisport will be hosting a Triathlon Training Camp in Lake Placid from May 24th - May 27th. The camp will be tailored for those focusing on distances from 1/2 IM - IM distance racing and those athletes wanting to get a feel for what it is like to train longer than you have in the past. This training weekend is limited to 10 athletes. Priority goes to current Push Hard Multisport clients. If you have any friends that you would like to attend please contact me to discuss.

What you get: Every athlete will have the opportunity to spend time with me over the course of the weekend. If you have a specific area of focus or concerns then let me know in advance and I will work with you specifically on that point over the course of the weekend.

Takeaways: What you should expect to take away from this camp is greater confidence in your overall ability, specifically improved open water, cycling and running skills as well as a nice bump in your overall endurance level and a much better understanding of what is required to race 1/2 iron and Ironman distances successfully.

Your responsibility: Getting to and from Lake Placid with all your equipment. Arranging your own accommodation¹. Providing your own nutrition both training and meals. I will try and arrange a group meal Saturday evening that can accommodate all of us.

Cost: Push Hard Multisport athlete / \$300 per person
Non Push Hard Coaching Client / \$600 per person

What's next: *RSVP to josh@pushhard.com* I am deliberately limiting this training camp to Push Hard athletes and a select few this year to keep the quality high, and to make sure I do it right. Any expressions of interest, questions, suggestions or early feedback then please email josh@pushhard.com.

The approximate agenda is outlined below. I will be available for at least four days for those that can take the extra day (Tuesday). The weather will of course play a part in this and so you should expect flexibility. Swimming will also be subject to the water temperature.



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| | Swim | Bike | Run | Other |
|---|---------------------------|--|-------------------------------------|---|
| Friday May 23 th - | Optional | Optional | Optional | Meet @ Lake opposite Tennis Courts @ 6:00PM |
| Sat. May 24th | | | | |
| 8:00 - 12:30 THE OVAL | | Ride one loop of course - 3:00 - 4:00hrs | Transition Run - :30 minutes | |
| 12:30 - 2:00 | | | | Lunch - grab a sandwich and meet @ the Lake for Transition clinic |
| 2:00 - 3:00 | | | | Transition Clinic |
| 3:15 - 4:30 PM Meet at the Lake Opposite the Tennis Courts | Swimming 1 - 1.5 loops | | | Practice sighting/ starts and draftnig |
| 4:30 - 5:30 PM | | | | Optional Beer at Lake Placid Brewery. |
| 7:00 pm - | | | | Group Dinner- TBD |
| Sun. May 25th | | | | |
| AM - 7:00 AM THE OVAL | | Long Ride 56-112 miles | Transition Run - :45 to :90 minutes | |
| When Completed Ride/Run | | | | Lunch |
| PM Rolling Start | Recovery Swim | | | Swim after you have had some food |
| Mon. May 26th | | | | |
| 8:00 - 10:00 | | | Run; Focusing on Technique | We will run down to River Road |
| 11:00 - 12:00 | | | | Analysis of Video |
| 1:00 - 4:00 | | Easy Ride 2-3 hours | | Loop of course without out and back |
| 4:30 - 5:30 | 1 loop of swim course | | | |
| Tues. May 27th | | | | |
| 8:00 - 10:00 | | | Long Run 90 - 120 min | |
| 11:00 - 12:00 | Easy Swim | | | Recap and Farewells! |

* Subject to change



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Host Hotel - Courtyard by Marriot
5920 Cascade Rd.
Lake Placid, NY 12946
518-523-2900
www.courtyardlakeplacid.com

We have a block of 10 rooms at a nightly rate of \$139.00 based on double occupancy. 5 STD Queen/Queen and 5 STD King.

If you want this group rate you need to reserve your room no later that April 25, 2014.

The name of the Group is Ironman Training for reservation purposes.