

Gold Coast Triathlon Camp

WITH JENNY ALCORN



**4 DAY CAMP
PROGRAM**

INCLUDES 3 NIGHTS ACCOM

ONLY \$650

(\$500 NO ACCOM)

Camp program includes:

- Swim stroke analysis, feedback, correction
- Open water swimming/skills
- Cycle skills session, technique, cornering
- Group cycle session, intervals, rolling over
- Run technique, skills, drill session
- Run session – strength based (hill running)
- Jenny's Boot Camp/Core stability, strength
- Transition skills – mini swim/bike/runs tri's
- Long aerobic ride with local SPTC triathletes
- Basic bike maintenance
- Basic bike position setup
- Stretch session

Dates:

Gold Coast Triathlon Camp

Beginner and Intermediate level

20-23 October 2011

15-18 March 2012

All Women's GG Triathlon Camp

Beginner and Intermediate level

24-27 November 2011

9-12 February 2012

If you're serious about triathlon training or you just want to try something new and meet some great people then call Jenny Alcorn on: **0409 550 445**

Email Jenny Alcorn at trijenn@optusnet.com.au or visit: www.sptc.com.au