

VO<sub>2</sub> + Can<sup>10</sup>s present



## WHISTLER TRAINING CAMP 2013

Whether you are doing Ironman Canada in Whistler or simply want a great weekend of training, coaching and camaraderie, the Vo2/CMS Whistler Training Camp 2013 (WTC 2013) is for you!

Whatever level you are at, WTC 2013 can help you achieve and exceed your athletic goals.



### *Learn from the best!*

Spend four days in the Winter Olympic Village at the [Whistler Athletes' Center](#) with Coach [Ben Bigglestone](#) of Vo2 Multisport and [Sean Clark & Tara-lee Marshall](#) of CMS Coaching as your guides. With **over thirty years of Ironman racing/coaching experience** between them, they have recorded over 30 finishes,

Sign up now!

#### **Who:**

YOU! with coaches Ben Bigglestone, Sean Clark and Tara-lee Marshall

#### **What:**

Four days of concentrated iron-distance triathlon training including:

1. Full lodging
2. Fully catered meals
3. Sports nutrition
4. Pre-session briefings
5. Post-session downloads
6. 4:1 athlete-coach ratio
7. sag support
8. goodie bag
9. and more...

#### **When:**

July 25 - 28, 2013

#### **Where:**

Whistler Athletes' Center,

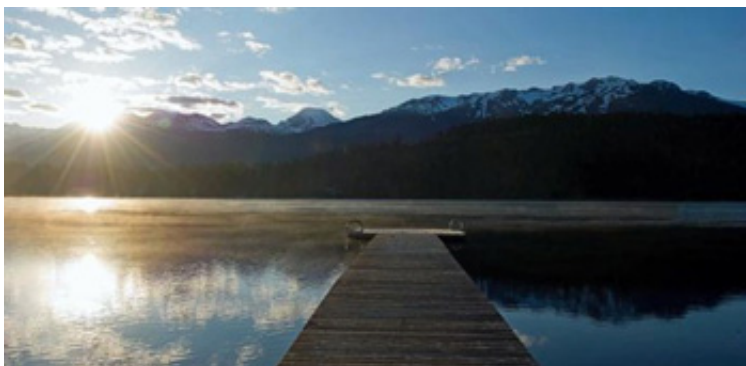
achieved multiple AG podiums and raced a combined eight times at Ironman World Championships in Hawaii.



### ***Make this the race experience of your life!***

We take care of all the details to ensure that your only concern is eating, sleeping and training. With intimate knowledge of the locations we travel too you can rest assured that your Vo2/CMS coaches will guide you to one of the most fun and rewarding training experiences of your multisport life.

Secure your spot in this one-of-a-kind camp to learn from the best!



Whistler, BC is a stunning, world-class outdoor recreation destination. Nestled in the heart of Canada's Coast Mountains, Whistler makes a perfect training venue in July.

Home to the 2010 Winter Olympics, Whistler offers everything the serious or recreational triathlete needs for the ultimate vacation and training camp experience. And the dramatic mountains, lakes and rivers you see while riding the challenging hills is unforgettable!

### ***Here is what you get!***

1. Lodging (all athletes single occupancy)
2. Catered meals with vegetarian options available

Whistler, BC

#### **Why:**

You deserve it!



Four spectacular days in the heart of the Winter Olympic Village at the [Whistler Athletes' Center!](#)



Train on the very same course of what is sure to become one of the most scenic and popular Ironman courses in the world!



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3. Sports nutrition
4. Pre-session briefings
5. Post-session downloads
6. Four days of coaching
7. 4:1 athlete-coach ratio
8. Sag support for all long rides and canoe escort for open water swims
9. A sweet goodie bag

### ***Plus!***

10. A big boost to your mid-summer aerobic base
11. Valuable training in the hills and improvement to your hill climbing
12. A preview of the Ironman course for those doing the race
13. Expert advice about Ironman distance training and racing
14. Some insider 'tricks' to have the best race season ever!
15. A fun time and some new friendships that will last a lifetime!



### ***Train like a pro!***

**SWIM** - Two days of swimming in pristine Alta Lake. Learn the secrets of navigating the Ironman swim course and receive a canoe escort to help guide you!

**BIKE** - Ride the full course twice collecting valuable data to help you plan your race day gearing and fine tune your pacing strategy. Advice on power and HR ranges for the day will be provided by the coaching staff (sag is included!)

**RUN** - There is a short 'brick' run after the bike on Saturday. On Sunday, we will run the racecourse completing at least one loop of the course (more if you like, of course...)

**Sign up now!**

## **TENTATIVE CAMP SCHEDULE** (subject to change)

Thursday:

2:00 p.m. - Registration & Orientation

4:00 p.m. - Acclimation ride/run

7:00 p.m. - Group Dinner

Friday:

7:00 a.m. - Swim workout

9:00 a.m. - Bike the course, relaxed tempo, followed by a run

5:00 p.m. - Lecture

7:00 p.m. - Group Dinner

Saturday:

8:00 a.m. - 112 mile bike with work at IM race intensity (optional  
T-run after bike)

5:00 p.m. - Lecture

6:00 p.m. - Group Dinner

Sunday:

7:00 -- 7:30 a.m. - Swim

8:30 -- 10:30 a.m. - Run half the marathon Course

12 noon – Departure

## ***Dates***

July 25 – 28, 2013 (Thursday – Sunday)



## ***Accommodations***

[Whistler Athletes Centre](#), 1080 Legacy Way, Whistler, BC, V0N  
1B1 Tel: 604-964-0052

The Whistler Athletes' Centre, located in the 2010 Winter Olympic Village, is now the epicentre of athlete training and development in Whistler and the Sea to Sky corridor. The stunning centre caters to high performance and development sport groups looking to train in any season at any venue in the Whistler region. The WAC offers state-of-the-art strength and conditioning resources and modern accommodations.



More info: [Website](#) | [Facebook](#)

## ***Reservations***

**\$850 all-inclusive price includes:** all meals catered, lodging, SAG support, goodie bag, sports nutrition, 4:1 athlete to coach ratio, pre-session briefings, post-session downloads and more. (Transportation not included)

**\$50 deposit is due at registration. Balance (\$800) due in full on July 1st**

Space is limited so reserve your space today! This camp is sure to fill up.

**Sign up now!**

## ***Details***

There are no refunds for cancellations - no exceptions. We reserve the right to deny camp admission for any reason.

For travel assistance to and from camp contact Coach Ben, or log into the Vo2 Team Forum. There are always carpooling opportunities!



## ***Questions***

Questions? Call 206-919-6435 or e-mail [ben@vo2multisport.com](mailto:ben@vo2multisport.com).

As we get closer to the big date, we'll contact you via e-mail with more specifics, details and information.