

# T3 Endurance Camp

May 18 & 19th, 2013

Conducted on the Ironman Lake Placid Course!!! No better way to prepare for IMLP then to be there with experienced coaches & athletes!



This will be the 5th T3 Endurance camp. Participants meet in Glens Falls, NY - then carpool from there. The tentative itinerary is as follows:

**Saturday:** Leave GF at 7AM.

Begin Bike Course Loop(s) at 9:15AM

Go to lodging for Dinner 5pm

Saturday Evening: Training Talk - fueling plan, pacing, HR's, etc...

**Sunday:** Breakfast - 7AM

Run one Loop of Course

\*Optional Swim, based on Water Temp

Lunch over conversation

## Coach Kevin

\*USAT Certified  
Triathlon Coach Since 2006

\*Two-Time All-American  
Triathlete

\*Coached over 50  
Ironman Finishes

\*Completed Ironman  
Lake Placid twice ('01-'06)



## REGISTRATION INFORMATION

Camp will be limited to 20 Individuals, based on first come - first serve.

Cost: \$210

Included: Lodging (could be barracks style), 3 Meals (Saturday Dinner, Sunday Breakfast & Lunch), Coaching, and Support Vehicles during ride & run

Register by: Contacting Coach Kevin directly via Email: [Kevin@T3coaching.net](mailto:Kevin@T3coaching.net)

\*more information provided via email.

Expecting Camp to fill quickly, so register now!

