

Expect to learn a lot, train hard, and have tons of fun... T3 style!



# Endurance Camp

June 14-16, 2019

Athletes will have the opportunity to train on the Ironman Lake Placid course, receive expert coaching advice from USAT certified coaches, and share the triathlon experience with other endurance athletes.



## Tentative Schedule:

Friday: 3:00 pm Meet in Lake Placid for Swim/Bike/Run  
5:00 pm Lodging & Dinner  
7:00 pm Group discussion, training talk Part I

Saturday: 7:00 am Breakfast  
8:30 am Begin LP bike loop(s)  
5:00 pm Group dinner @ lodging  
Evening training talk: fueling, race pacing, mental strategies, etc. . .Part II

Sunday: 7:00 am Group Breakfast @ lodging  
8:30 am Begin run loop  
Optional Swim (based on water temp)  
11AM: Closure

## **Coach Kevin Crossman, Founder & Head Coach of T3**

- USAT Certified Coach since 2006
- All-American Triathlete
- Coached over 85 Ironman Finishers
- Completed IMLP twice

## **Coach John Evansky**

- USAT Certified Coach
- Two time finisher of IMLP
- Completed 4 Ironman events

## **Coach Carl Regenauer**

- USAT Certified 2014
- All-American Triathlete

## Registration Information

Cost: \$450.00 w/ lodging\*

\$375.00 w/out lodging

Cost includes: 5 meals (Friday dinner, Saturday breakfast & dinner, Sunday breakfast and lunch), snacks, highly experienced & skilled coaching, and support vehicles during ride & run

Camp will be limited to the first 15 athletes. This camp opportunity is expected to fill quickly! To register, or for more information, contact Coach Kevin directly via email: [kevin@T3coaching.net](mailto:kevin@T3coaching.net)

\*Lodging will be in Upper Jay, ~15 mins from Lake Placid:

Beautiful location, plenty of space & amenities, including hot tub & sauna!

