

# Winter Triathlon Training Camp

February 1<sup>st</sup> & 2<sup>nd</sup> 2014 Downtown YMCA, 1039 P St., Lincoln, NE 68502

- Join us for a fun and informative weekend exploring the sport of triathlon, including hands on training in the pool, cycling, and running.
- Camp includes: Triathlon Text/Informational Log, water bottle, goodie bag, fun and more
- For ages 16 and above, Beginners to Experienced
- Breakout sessions to focus on your weakest disciplines and interests.
- More active involvement less lecture 7 hours of active training!!
- Video analysis of swimming and running
- Spinning Classes Cycling Technique/Conditioning
- Meals provided; Saturday, and Sunday, Lunch, Snacks
  Hands on training in Tri-Power Strength Training Principles specific for functional core
  performance and triathlon training. Written program included.
- MY GOAL: To educate each athlete in a fun, inviting atmosphere.
  To meet your personal needs so that you leave with a new sense of confidence.
  To establish invaluable contacts with all coaching professionals in each of our content areas.
  To get your season off on "the right foot"

#### **COACHES & SPEAKERS:**

- Gary Bredehoft, CSCS Certified Strength & Conditioning Specialist, USA Triathlon Certified Level 2 Coach, USA Triathlon National Coaching Commission member, RRCA Certified Running Coach, and Past Ultrafit Certified Associate Coach with Joe Friel's Coaching Staff, ACE Certified Personal Trainer, Ironman Triathlon World Championship Qualifier and Finisher.
- Chad Wemhoff, MPT, SCS, CSCS Board Certified in Sports Injury Rehabilitation. He is the only Sports Certified Specialist in Lincoln and one of only six in Nebraska.
- Ann Ringlein Lincoln Running Company, NWU Cross Country, Track Assist. Coach
- Kris Sonderup Manager and Owner Cycle Works. CSG Cycling Director
- Cholena Soden Licensed Massage Therapist
- Other Experienced Coaches, Athletes, Speakers and Volunteers will be on hand to present and assist

#### **Participants Testimonials from Past Triathlon Camps:**

"I really think that the camp was helpful to experienced triathlete. It's kind of funny how lots of people will shell out \$1000 or so for fancy wheels, yet not update the training for the "engine". I would encourage more experienced triathlete's to attend."

#### John Marsh

"The camp is great for those beginning to getting into the sport of triathlon as well as those wanting to improve techniques and efficiencies"

#### Lance Graves

"I appreciated the variety of information and speakers. The camp was extremely helpful and the variety of information was great, a great deal for the registration fee. I appreciate how you encouraged everyone to participate by sharing stories and information. Someone with your experience and expertise could have come across as egotistical, but instead you were very friendly and approachable, welcoming suggestions and ideas. Your positive attitude really set a great tone for the weekend."

Jessica Franssen

"Very good camp, I would recommend this camp to others without reservation" Richard Propst

## **TENTATIVE SCHEDULE**

## Saturday 1<sup>st</sup> February:

8:00-8:30am	Registration/Check-In
8:30-9:00am	Introduction to Triathlon – Goal Setting, Training, Q & A
9:00-9:45am	Running shoes and clothing – Ann Ringlein, Lincoln Running Co.
9:45-10:15am	Break - Group Run - Video - Indoors or Outdoors (active)
10:15-11:15am	Tri-Power Strength Training Program – Part 1 (text) (active)
11:15-11:30am	Break
11:30-12:45pm	Cycling Techniques – Spinning Class (active)
12:45-1:45pm	Lunch – Lecture - Racing, Transition Techniques - Training Plans
1:45 - 2:15pm	The Art and Science of Fueling
2:15- 3:00pm	Injury Prevention and Treatment through massage and stretching
	Cholena Soden, LMT - (active)
3:00-4:30pm	Swimming/Video Stroke Taping – Stroke Technique Principles (active)
4:45-5:30pm	Critical Training Zones – "Training with Heart Rate & Intensities"

## **Sunday 2<sup>nd</sup> February:**

8:00-9:00am	Evolution Running - Run Video Analysis (office area & gym)
9:00-10:15am	Cycling Equipment (Power meters)/Bike Fit, Kris Sonderup, Cycleworks
10:15-10:30am	Break
10:30-11:30am	Swim Stroke Analysis (classroom Dartfish)
11:45-12:30pm	Lunch – Speaker - Chad Wemhoff, Lincoln Physical Therapy
12:30-1:30pm	Spinning Class – Cycling Conditioning (active)
1:45 -2:45pm	Swim Instruction/Techniques in Pool (active)
2:45-3:00pm	Break
3:00-3:45pm	Tri-Power Strength Training Program – Part 2 (text) (active)
3:45-4:15pm	One-on-One with Coach - Questions

Please send completed form and fees to: Gary Bredehoft

Tiger Coaching & Personal Training 2110 Winthrop Rd. Suite 100B

Lincoln, NE 68502

Find form to register here

#### FEES:

- Super Saver Early registration fee (received by January 10th): \$199.00 (Check or Charge) Regular Registration Fee (received by January 24th): \$239.00 (Check or Charge) Student Rate (must be full time college or high school student) \$189.00 (received by January 10th), (Must provide proof of schooling)
  Late Fee Add \$25 if received after January 24th
- \$15.00 Discount for YMCA Members, Team Nebraska Triathlon Members, Tiger Coaching "**Active**" Clients (one discount per person), or Multiple Family Additional Members Registrants (one discount per two person registration)
- CONTACT Gary Bredehoft FOR MORE INFORMATION m.(402)-560-8280 or email coach@tigercoaching.com www.tigercoaching.com
- Camp Location: Downtown YMCA, 1039 P St., Lincoln, NE 68508
- Minimum Registrations needed 10, Maximum 20