

# Jindabyne Summer Training Camp

## Saturday 5<sup>th</sup> to Saturday 12<sup>th</sup> Jan 2013

Wake up each day with a new challenge at altitude! This camp will include fantastic riding in the mountains, squad and lake swim sessions and bike, run and transition sessions. The summer camp is a great place to increase your training base and build your strength. This camp offers an invaluable week of training!

### What you can expect and what is included:

Train with a good size group that will allow for individual attention.

Professional triathlon coaching with experienced level 2 Triathlon Coaches.

Graded sessions.

Individual training advice and planning.

Swim squad, track and National Park fees.

7 nights lodge accommodation.

5 Nutritionally balanced evening meals (2 meals out)

45min sports massage.

You will challenge yourself physically and mentally and you will enjoy the experience!



**Cost: \$840 all-inclusive. \$780: current Energy Link athletes. \$820: Balmoral Tri Club athletes. \*Elink cycling jersey add \$75**

**\* We are asking all participants to wear our cycling jersey on rides for team recognition and safety.**

**Numbers are definitely limited.**

**All bookings or enquires please email: [coaching@energylink.com.au](mailto:coaching@energylink.com.au) or call 0412438095.**