

Triathlon Training Camp Jindabyne NSW

Saturday 2nd to Saturday 9th January 2016

Wake up each day at altitude to face a new challenge! You will ride and run through the beautiful snowy mountains, attend swim squad and lake swim sessions and work on technique and strength endurance during the daily triathlon specific training sessions.

What you can expect/ what is included in this camp:

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

Professional triathlon coaching with a highly experienced coaching team that have been running these camps for 17 years.

Graded group sessions to suit most levels.

Individual feedback and advice including video analysis and information sessions.

Swim squad, athletics track and National Park fees.

7-nights/ 8 days lodge style accommodation.

5 Nutritionally balanced evening meals (2 x dinners out at own expense)

45 minute sports massage.

2016 Camp souvenir

This summer training camp is a great place to improve your training base and will offer an invaluable week of training with a highly experienced coaching team.

You will challenge yourself physically and mentally and you will enjoy the experience - **that is our guarantee!**



To register or for more information, please call or email Chris Thomas at Energy Link Triathlon Coaching website: www.energylink.com.au

Email: coaching@energylink.com.au

Mobile: 0412 438 095.