

## **Training Camp Tucson, Arizona**

March 29 - April 3, 2017

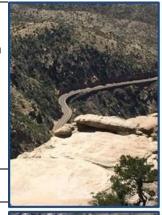
## **Coach Cindy Lewis-Caballero**

Cindy has been running training camps in AZ for more than 10 years, sharing her training experience as a pro-triathlete and her expertise as a Chiropractor, Certified Coach, and Personal Trainer.

## Coach Al Caballero

Al is a certified multisport and running coach with a special interest in aerodynamics on the bike by modifying both equipment and position.

Wed March	Arrival, orientation, bike build &maintenance
29	clinic, short easy ride
Thurs March	Morning swim clinic
30	Afternoon Spanish Trail ride and Transition run
	Seminar: Pre/during/post workout nutrition and
	self-care soft tissue techniques
Fri March	Morning swim & run workout at track with drills
31	Afternoon 2 hour ride
	Seminar: Mental training and Hill climbing
Sat April 1	Morning Mount Lemmon ride
	Afternoon stretch clinic
	Evening Group Dinner out
Sun April 2	Morning swim
	Afternoon Madeira Canyon Ride, Run off the bike
Mon April 3	Travel Day









**Training Camp Price:** \$1000.00 + HST Includes organized workouts and route maps, support vehicle and bike mechanic, swim bike and run coaching, seminars on stretch and strength, self-care soft tissue techniques, nutrition, mental training and swim/bike/run skills.

**Accommodation& Meals:** Participants are encouraged to book their own accommodations in the Oro Valley area. More information will be available in early 2017. Lunches & snacks provided.

## **Bike Travel Services:**

Pre-camp tune-up - \$75.00 (retail \$80.00)

Pre-camp tune-up plus box bike in your own box - \$150.00 (retail \$160.00)

Pre-camp tune-up, box bike, re-build the bike post-camp - \$200.00 (retail 240.00)

To register or for more information about accommodations, bike services contact Coach Cindy

clperformancetraining@gmail.com