



CLPerformanceTraining

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 29	Arrival, orientation, bike build & maintenance clinic, short easy ride
Thurs March 30	Morning swim clinic Afternoon Spanish Trail ride and Transition run Seminar: Pre/during/post workout nutrition and self-care soft tissue techniques
Fri March 31	Morning swim & run workout at track with drills 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