

CL Performance Training

Clermont, FL Training Camp

March 29 – April 4, 2020



Get your outdoor season started early in Clermont, Florida

Join CL Performance Training for a week of training in Clermont, Florida this April! Get outdoors and build some great fitness in this **high volume training camp** to set you up for the outdoor season. Swim at the National Training Centre, ride the rolling hills of Clermont, and run the rolling hills of the iconic clay trails. Be sure to commit to this camp early so you can build your training schedule in a way that will get you ready! We welcome triathletes, duathletes and cyclists to our camps and we will tailor workouts to each race discipline.

Are You Ready?

To be ready for camp, we recommend you have done at least 2000 meters in the pool several times, a couple of 75 – 90km rides and 75 minutes or more of running at a time.

Details

Includes:

Organized group training sessions, sports nutrition throughout the week, coach led discussions on training and racing and a group environment to support and motivate you. Plus – a group dinner out on Friday night to share accomplishments.

Excludes:

Travel, meals and accommodations are not included. There are many hotels available in Clermont as well as many private house rentals that are quite economical. We will be sending out some suggestions on accommodations and we are happy to connect you with other athletes who are looking to share.



Coach Cindy draws on years of experience attending training camps as a pro triathlete to design a program that balances information & skills with motivation & fun.

Camp Itinerary

Sunday March 29:

Camp starts at 8:00am.

Swim – 1 hour

Bike – 2-3 hour easy ride

Transition run

Discussion – Welcome to camp and overview of how the training week will work.

Monday March 30:

Swim – 1 hour

Bike – 4 hour ride with hill intervals

Discussion – Heart rate vs. power training on the bike

Tuesday March 31:

Swim – 1 hour

Run – Interval workout

Bike – 2 hour easy ride

Wednesday April 1:

Swim – 1 hour

Bike – 2-3 hours with team tempo rides

Transition run

Discussion - What is your core, why it's important for triathletes, and how to train it.

Thursday April 2:

Swim – 1 hour AM

Swim – 1 hour PM

**Anyone who is NOT a triathlete/swimmer will do an easy ride today instead

Friday April 3:

Bike – Long ride, 4-5 hours

Transition run

Saturday April 4:

Run - Long run on clay trails

Camp ends @ 1:00pm

Registration & Cost

To register fill out the form and email to cindy@clperformancetraining.com

Cost: \$600 + HST

\$200.00 non-refundable deposit

15% discount if deposit is paid before January 1, 2020

5% discount if deposit is paid before January 15th, 2020

Balance due by March 15, 2020

Payment plan available – speak with Coach Cindy.

Optional Bike Transport:

\$150.00 for round trip transport by trailer with Coach Cindy.

Ask us for details. Reserve your spot by March 1, 2020

Cindy Lewis-Caballero

Coach Cindy is the founder of CL Performance Training. She has been coaching endurance athletes for 12 years and is also a Chiropractor and Personal Trainer. She raced for years as a professional triathlete. She coaches triathletes, cyclists, runners, ultra-runners and adventure racers, and has helped athletes from beginner to elite reach their performance



Sophie Hotchkiss

Coach Sophie is a Registered Massage Therapist, coach, personal trainer and an elite athlete racing in triathlon, bike racing and most recently, cyclo-cross. She shares her expertise and experience with athletes of all ages.



Alan Caballero



Coach Al is a F.I.S.T. certified bike fit technician, NCCP certified triathlon coach & VDotO2 certified distance run coach. His focus on efficiency of run gait, swim form & bike set up helps athletes maximize aerodynamics to increase speed in all three sports.

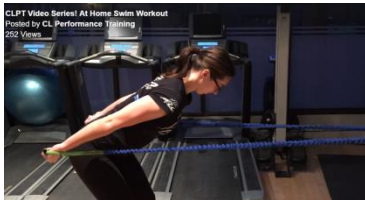
How to Prepare

Training

Your training should be well under way through the winter in all three disciplines, for triathletes - as well as regular strength program. Preventing injury starts early with building enough strength to handle power, speed and volume. Contact CLPerformance Training if you need a coach to guide you.

Bike Fit

Bike fit is critical, and changes when the distance and capabilities of an athlete change, or when new components are added. Comfort, injury prevention and optimizing performance...three good reasons to update your fit. CL Performance Training can make sure yours is dialed in.



Injury Prevention & Management

Rehabilitating chronic injuries takes persistence and sometimes patience. If prevention didn't work, management is key for success. CLPerformance Training provides chiropractic services to diagnose and manage injury.

Nutrition

Beyond day-to-day wellness and weight management, your stomach needs to practice handling the intake of sport hydration and nutrition to keep your energy consistent throughout training days. Start using sport nutrition during training to identify those that work before race day.

Register for CL Performance Training Clermont Camp

First Name _____

Last Name _____ M.I. _____

Address _____ Apt./Unit _____

City _____ Prov _____ Code _____

Phone _____ E-Mail _____

Paid by ETransfer VISA /MC

Name _____ Exp. Date _____

Number _____ CSV _____

E-transfers should be sent to: cindy@clperformancetraining.com

Cost: \$600 CDN + HST \$200.00 non-refundable deposit is required at registration. The balance is due by March 15, 2020. Early registration discounts (see below). Payment plan available – discuss with Coach Cindy.

Before Jan. 1, 2020	15% discount	\$576.30 incl HST
Before Jan. 15, 2020	5% discount	\$644.10 incl HST
After Jan. 15, 2020	Full fee	\$678.00 incl HST
March 15, 2020	Balance Due	
Optional Bike Transport	March 1, 2020	\$169.50 incl HST

Includes:

Coach supported training sessions, sports nutrition throughout the week, coach led discussions on training and racing, one dinner out and a group environment to support and motivate you.

Excludes:

Travel, accommodation & meals

Tell Us About You:

What are you training for?

Will you require bike transport? (Or bike rental?)

Do you need assistance finding roommate/s?

Pro. Body. Coach.™

FOR MULTISPORT

When
your coach
has lived the
Pro triathlete
life, has the
Body knowledge of a
chiropractor, **plus years**
of experience
Coaching, you
have all you need
to succeed.



CL Performance Training
cindy@clperformancetraining.com

Cindy Lewis-Caballero, Chiropractor, Multisport Coach, Personal Trainer, Professional Triathlete, Healthy Eating and Weight Loss Coach
D.C., B.Kin, NCCP Level 1 Triathlon, MDOT 02 Certified, Can Fit Pro PTS and HWL Certified

CL Performance Training

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