



# WINTER TRAINING CAMP

CLERMONT, FLORIDA @NATIONAL TRAINING CENTER

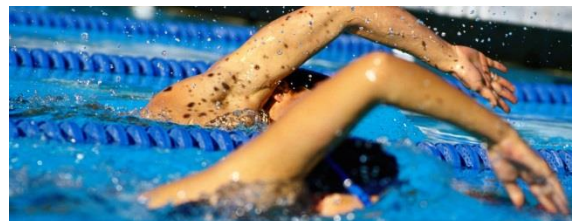
FRIDAY Feb. 9th, 2018 – TUESDAY Feb. 13th, 2018

Enhance your 2018 triathlon season at our exclusive annual Winter Training Camp hosted by South Shore TRI Coach. The camp will be led and coached by certified USAT & Ironman University coaches! You will have access to all of our coaches who will train and support you throughout the camp sessions.

## National Training Center- Clermont, Florida

*Come train where the pros train!!*

The camp will be based in beautiful Clermont, Florida. We will train each day at the National Training Center and the surrounding area. This camp will include small group training to help develop your skills in all three disciplines. We will have seminars discussing various training principles and tips to have you primed for the 2018 season!



## Camp Includes:

- R/T Airfare on Southwest Airlines from Islip to Orlando
- 4 nights lodging (double occupancy) at the Fairfield Inn & Suites Clermont
- Continental Breakfast
- Professional private transportation to/from our hotel
- Access to the National Training Center in Clermont, Florida
- Private coached swim workouts in the pool at the NTC
- Private coached run workouts on the track at the NTC
- Full support on all swim, bike, and run sessions
- Group Open Water Swim, bike, and run workouts
- Coach led classroom instruction on various endurance related topics
- On-site bike mechanic
- Custom Camp Tech Shirt



Whether you are an experienced Ironman or a beginner triathlete, this camp will focus on your individual needs and lead you to peak performance this upcoming season.

**Only 25 Spots available! Email [southshoretricoach1@gmail.com](mailto:southshoretricoach1@gmail.com) to sign up immediately.**



**Pricing- \$1185 (3 payments of \$395.00) Includes all benefits as listed above!!**

**Coached athletes will get first access to reserve their spots at out camp. Contact me ASAP by email or 631-252-5659**

### **FLIGHT ITINERARY:**

Date	Flight #	City Pair	Time	Stops
09-Feb-18	WN461	ISP MCO	06:10 PM 09:00 PM	Nonstop
13-Feb-18	WN5688	MCO ISP	10:15 PM 12:40 AM	Nonstop