



Peak 2 Peak Winter Training Camp 2011

Aim of training camp: To develop specific Peak 2 Peak course knowledge, improve fitness through the training camp effect, develop specific P2P skills and have an awesome weekend training in the in Queenstown.

Training camp dates: 15th July → 17th July 2011

Cost: \$270 – includes training sessions as outlined below with EPC coaches, special topic presentations in evenings, main meals and accommodation at the Frankton Motor Camp, where the training camp will be based from.



Accommodation: Will be in 2-3 person cabins at the Frankton Motor camp. Camp includes kitchen facilities, bathrooms and bunk beds. This will be the base location for the training camp and it is advised for the smooth running of the training camp that all athletes stay here.

Nutrition: On Friday a main evening meal will be provided. On Saturday breakfast, lunch and dinner will be provided and on Sunday breakfast will be provided. All meals are nutritionally planned for optimal recovery and training performance.

* Athletes will need to supply their own snacks and training nutrition as they see fit on top of the supplied meals.

** Please notify us of any special food requirements.

Training camp Outline

- **Friday:**
 - Travel to Queenstown, individually or shared transport between athletes
 - Meet in Queenstown at 3pm/ as soon as you can get there
 - Kayaking → run → bike brick session, as time allows.
 - Nutrition presentation
- **Saturday:**
 - P2P specific ***sweat rate assessment***
 - Kayak → run brick session
 - Afternoon ski session at Remarks
 - MTB descent from Remarks after skiing + ride back to accommodation along MTB course
 - Optional evening run → bike → run session
 - Transition / gear presentation and individual planning of race plan and transitions
 - Gear prep race simulation
- **Sunday:**
 - **Race simulation**
 - Kayak
 - Run
 - Uphill ride to Coronet peak
 - Travel home in evening
 - Final debrief and pack up

Here is what some athletes have said about past P2P training camps

“The price was great for the whole weekend. Everything was run really well, lots of food, lots of coach contact time etc.”

“Was good to learn so much about the race and other aspects i.e. nutrition.”

“The evening presentations contained a lot of information that was new to me, and that will help me immensely to prep for the actual race. The biggest point for me was learning about race nutrition (how much and when to fuel myself).”

“To sum it up: I learnt a lot of lessons about myself, the sport, equipment and nutrition. I am so glad I joined you! The knowledge I gained during the camp will allow me to prepare well for the actual P2P race and other races.”

- The space on this training camp is limited to 8 athletes, so entrance into the camp is on a first in first served basis
- Please register your interest ASAP as places will fill up fast
- To secure a place on the camp a \$50 non-refundable deposit is required

If you have any questions please let me know

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