

SWIM/BIKE/RUN/SWIM/BIKE/RUN



8th Annual
QC Multisport
Triathlon Training Camp

Past participants have gone on
to compete in half and full
Ironman events!

QC Multisport
2808 Harmony Dr.
Bettendorf, IA 52722
563-359-7287



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Triathlon Training Camp

QC Multisport



Begins April 21, 2008

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TRIATHLON SEASON IS HERE!

Triathlon season is here!! Get prepared for the races. This camp will give you 8 weeks of training. We will set up your 8 week program specifically for you while allowing you the opportunity to train with others in a group setting. You will receive 3 hands on sessions per week with instructor in each discipline. The rest of your week will be outlined for you.

The camp is geared to prepare you for the Quad Cities Triathlon on June 14th. Training is set up to prepare the Beginner and Novice racers to complete a Sprint to Olympic distance triathlon. Our goal is to have you perform to your potential, stay injury free, and have a lot of fun!

Training will be based on Lactate Threshold testing. All participants will be given a cycling test to determine the best heart rates to train at. Discussion on Volume Training Vs. Intensity Training will be a focus. We will also cover: basic training & racing nutrition, bike fit, swimming technique, equipment purchases, race strategy, injury prevention and all the little things that add up to faster times.

Trainers on site at each session are:

Amy Castro: Head Guru of this Camp. Amy is a Licensed Physical Therapist with -years of clinical experience. She is a former Collegiate, Big Sky All Conference runner. She is a former Triathlon All-American Honorable Mention. She is a former Iowa District Road Racing Champion.

Mary Eure: Former triathlete turned mother. Mary competed in the World Championships for both Triathlons and Duathlons and was an All American. Mary also was an avid bike racer placing 13th in the National Time Trial Championship.

Jeff Castro: Jeff is a Chiropractor and has a B.Sc. in Health & Human Performance with an emphasis in Exercise Physiology. He is a former NCAA All-American Wrestler and a 3X Triathlon All-American. He has completed the Hawaii Ironman Triathlon World Championships with 2 top one hundred finishes.

Paul Eure: Former triathlete turned father. Paul has a MS in Sports Management. He is the current Pleasant Valley High School Girl's swim coach and also the Head Coach for the Pleasant Valley Stingrays. Paul has over 20 years experience in coaching kids, college students and adults in swimming. He is also an All-American Collegiate Swimmer.

Sue Rolsch: Sue is a local running enthusiast and Cycling Instructor. She is also the Race Director for the CASI St. Patrick's Day Run. She is a great motivator and has many races under her belt.

Jude Rolsch: Jude is joining us again this year to assist with the bike ride. Jude is Dice Cycling Team Member and avid Runner/Duathlete.

Sign-up Form & Dates to Remember:

Informational Meeting	April 10 th @ 6PM
Fitness Testing	April 14 th - April 21 st
First Training Session	April 21 st
Last Training Session	June 13 th

Cost for 8 Week Camp
(3 coached sessions per wk) \$125

Name

Address

Phone

E-mail

Method of Payment

- Check
- Cash

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