



## Training Camp Entry Form

**Gower Peninsula Novice Based Training Camp 11<sup>th</sup>-13<sup>th</sup> June**

**Port Eynon Bay Gower.**

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Phone No. Home: \_\_\_\_\_ Mobile: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Entry fee: £165\* Full Board. £125\*\* Without Accommodation**

Declaration: I accept that I take part in this event at my own risk and that the organisers shall not be liable for any accident, injury or loss as a consequence of my participation. I also agree to become a free member of Tri Harder Triathlon Club for the duration of the weekend.

All athletes must bring all the relevant equipment and ensure that they are fit for purpose.

Signed: \_\_\_\_\_

Please send completed entry form and cheque made payable to **Tri And Enter Events Ltd** to Scott Powell, 23 Spion Kop Road, Ynystawe, Swansea SA6 5AN.

**For further information contact :**

**Scott Powell Tel: 07854239632.**

\*Training camp includes all meals and some soft drinks will be supplied. Participants are welcome to bring alcoholic beverages which can be consumed during the evening meals after the conclusion of the activities. All Alcoholic beverages must be supplied by the attendee.

\*\*Lunch and dinner will be provided for athletes not requiring accommodation.



## Training Camp Information.

*"We are holding a weekend training camp on the 11-13th June in the picturesque village of Port Eynon on the Gower Peninsula. Athletes will be staying in the dormitories at the Port Eynon Youth Hostel which was once a lifeboat station, and with the beautiful award-winning beach on its doorstep, it is the perfect location to improve your triathlon performance"*

### ***This Weekend Package Includes:***

*Full Board Basis, qualified coaching, open water swimming, access to physio and expert dietary tips, bike Setup assessment, mini tri, enjoy & explore this beautiful area!"*

So, whether your looking to improve your race performance before the event or are just after an exciting weekend getaway in this area of outstanding natural beauty; this training camp is a budding triathletes dream.

### ***Itinerary\*\*\****

#### ***Friday 11<sup>th</sup> June.***

##### ***Friday***

- Welcome meeting
- Lunch
- Bike setup by pro mechanic
- Open water swim (not coached)
- Transition training
- Evening dinner

#### ***Saturday 12<sup>th</sup> June.***

- Breakfast
- Sports science and dietary tips
- Open water swim (coached)
- Sports massage, injury prevention, and stretching techniques
- Lunch
- Bike mechanics master class
- Run techniques/drills + run (coach and guide)
- Bike techniques/drills + bike ride (coach and guide)
- BBQ - Party time!!

#### ***Sunday 13<sup>th</sup> June.***

- Breakfast
- Triathlon preparation and target setting
- Complete a mini Triathlon Course (with water safety, guides and coaches)
- Review weekend and presentation
- Away from the activities detailed above, there will be plenty of material and activities available at the accommodation to keep everyone occupied:

Optional additional training activities – Internet – Magazines - Films – PlayStation – Wii – Music – Books

***\*\*\*The itinerary is correct at the time of publication and may be subject to change.***