



*Mercury Rising Triathlon would like to announce:*

## **Spring Ahead and Race Camp 2010**

*Get a head-start on the season with an early training camp, followed by the  
**Subaru Shawnigan Lake International Triathlon.***

**Where:** Victoria, BC

**When:** Monday May 24<sup>th</sup> – Monday May 31<sup>st</sup>, 2010

**What's included:**

- High quality mixed training week, with high coach-to-athlete ratio, ensuring individual attention while benefitting from group dynamics
- Race entry fee and transportation to the Subaru Shawnigan Lake International Triathlon (Sprint, Olympic or Half Ironman)
- Accommodations at the Howard Johnson Hotel & Suites Victoria Elk Lake
  - o 1 bedroom suite – each room has 1 double bed and 1 pull-out sofa bed, as well as kitchen facilities shared with adjoining room
  - o walking distance to all amenities for camp, including grocery store
- Two team dinners at the Howard Johnson Hotel

**Hosted by:** Mercury Rising coaches: Sara Gross, Clint Lien and Carrie Meakin

**Cost:** \$1500 per person; based on double occupancy.

For more information or registration, please email: [carrie.meakin@gmail.com](mailto:carrie.meakin@gmail.com)  
Space for this camp is limited, so sign-up early to avoid disappointment!

# Spring Ahead and Race Camp 2010

May 24<sup>th</sup>-31<sup>st</sup> 2010

*Presented by Mercury Rising Triathlon*

## Tentative Schedule

### Monday

3pm: Check in at the Howard Johnson Hotel

4.30: Easy RUN 40mins

6.30: Welcome dinner and Announcements

### Tuesday

8am: BIKE hill reps 2h

12pm: SWIM 1h30

4pm: easy RUN and group stretch

### Wednesday

9am: BIKE 5h w short RUN off

5pm: Pizza night and swim video analysis

### Thursday

8am: RUN hard 1h30

12pm: SWIM 1h30

4pm: RUN drills and core

### Friday

9.30: SWIM 2h

2pm: Transition practice

BIKE 1h30 w short RUN off

7pm: Talk on mental prep for racing

### Saturday

Race prep day

SWIM race prep and open water session

BIKE on course

RUN on course

### Sunday

*Subaru Shawnigan Lake International  
Triathlon*

6.30: Farewell Dinner

### Monday

8am: optional recovery RUN

11am: Check out of Hotel

