



Carmichael Training Systems  
Triathlon Training Camp in conjunction with Trifest

**Date:** March 1-4, 2010  
Trifest March 5-7, 2010

**Focus:** Triathlon Training

**Location:** Tucson, Arizona

Come to sunny Tucson, Arizona, a few days before the annual Trifest Conference and Expo take advantage of the opportunity to train with Nick White, CTS Premier Coach and coach to 2008 Ironman World Champion Craig Alexander. This camp focuses on training for all triathlon distances and will concentrate on tools and techniques for increasing the quality and effectiveness of your training sessions year-round. You will also get insight into the training and racing strategies that helped Craig Alexander conserve energy on the bike so he had the energy for an Ironman-winning run.

The camp is three and a half days of training and presentations, and is open to athletes of all ability and experience levels. You'll learn the skills needed to produce your best finish at a triathlon. All training sessions and presentations will leave from the CTS Tucson Training Center.

Trifest begins the day following this camp, and features an educational triathlon conference featuring industry-leading speakers including Chris Carmichael and Nick White, a large consumer [Expo](#), and other events like scheduled group rides and runs. The goal of TRIFEST is to educate triathletes and to celebrate the sport of triathlon by bringing athletes from around the world in contact with industry experts, product vendors and professional triathletes.

The weather during this time of year can vary from 60-75 degrees as a daily high. Chances of rain are very minimal but come prepared for all weather conditions.

**Included:**

- Daily training sessions with Carmichael Training Systems Coaches
- Use of PowerTap power meter
- Daily power analysis with CTS coach
- Complete ride and run support with GU nutrition and hydration products
- Training presentations with our Coaches
- Swim video analysis
- CTS jersey or singlet

**Cost:** \$999.00

Members receive a 5% discount on training camps. (Airfare, Lodging and Transportation not included.)

**Registration:**

A non-refundable \$300.00 deposit is due at time of registration. The remaining balance is due 30 days prior to the camp and will be billed automatically. The credit card information used for your deposit will be billed unless otherwise arranged with the CTS accounting department.

**Cancellation Policy:**

If you have to cancel for any reason, your deposit may not be refunded depending on when you cancel. Additional cancellation fees may also apply.

**Cancellation Fees:**

- 6 business days – 30 calendar days prior: Deposit only
- Within 5 business days of the start of camp: Deposit plus 50% of remaining balance

Carmichael Training Systems reserves the right to cancel a camp. We will do so at least 30 days prior to the beginning of the camp. In this event, you will be issued a full refund. CTS is not responsible for fees associated with planning your trip, such as airfare.

All fees will be applied to the camp for which you are registered. If you have to cancel for any reason, your deposit and all subsequent payments will be applied to the camp for which you have registered and cannot be transferred to an alternate camp.

Exceptions to this policy cannot be made for any reason, including weather or personal emergencies.

**Arrival/Departure:**

We recommend you arrive by Monday, March 1<sup>st</sup>, 2010. Camp registration will be from 2:00-5:00pm on Monday, March 1<sup>st</sup>, 2010. You must provide your own transportation in Tucson. The conclusion of the camp will be Thursday, March 4<sup>th</sup>, 2010 after the final dinner.

**Bike Transport and Assembly:**

If you are shipping your bike, please make sure it arrives at CTS or your hotel by Monday, March 1<sup>st</sup>, 2010. If you wish to ship your bike, we recommend using Sports Express. They provide door to door pick/up and delivery of your bike. You will need to pack your bike, or have it packed for you, and Sports Express will take care of the rest. Sports Express can be found at [www.sportsexpress.com/trainright](http://www.sportsexpress.com/trainright).

Bike assembly and repacking are included in this camp.

If you'd like to send your bike to CTS Tucson, please use the following address for shipping your bike(s):

Carmichael Training Systems  
7000 E Tanque Verde  
Suite 19  
Tucson, AZ 85715

**(Please make sure your bike box/case is clearly labeled with your name)**

**Airport:**

Tucson International Airport (TUS) is the closest airport to our offices. It is about 20 minutes away.

Phoenix Sky Harbor International Airport (PHX) is 120 miles and approximate 2 hour drive away.

**Lodging:**

You are responsible for your own lodging at this camp. We list our suggestions for hotels below. [Click here for a list of the nearest hotels.](#)

[Ramada Foothills Tucson](#)  
6944 E Tanque Verde Road  
Tucson, AZ 85715  
520-866-9595

[Sheraton Tucson Hotel](#)  
5151 E. Grant Road  
Tucson, AZ 85712  
(866) 716-8134

[Ventana Canyon Resort](#)  
7000 N. Resort Drive  
Tucson, AZ, 85750

Next Door to CTS  
Call for CTS rate!

Less than 6 miles from CTS  
Beautiful views

## Things to Bring

### Items to pack for any of our triathlon camps:

Bicycle Clean! Tuned and ready to ride  
Helmet  
Jerseys at least 4 (short and or long sleeve)  
Shorts at least 4 pair  
Wind Vest  
Baselayer 1 or 2 lightweight  
Rain Jacket  
Arm Warmers  
Socks  
Cycling gloves short finger  
Cycling Shoes/pedals (carry these with you if traveling by plane)  
Eyewear/sunglasses  
Chamois cream  
Small tote or backpack for anything you wish to keep in support vehicles.  
Heart Rate Monitor and/or Power Meter (Power Tap or SRM or other)  
Sunscreen  
Toiletries for clean up between rides.  
Swim goggles  
Swim suit  
Swim Towel  
Running shoes  
Running shorts  
Running shirts

### Items to add just in case.

Light jacket  
Medium weight jacket  
Long sleeve and/or thermal jersey  
Long finger gloves  
Shoe covers/booties  
Leg or knee warmers or light tights

### Other items to consider:

- Bottles/mix/food - if you will be arriving in Tempe before a camp begins or remaining afterward, and wish to ride, please bring what food/drink supplies you will need for your riding.

**We will have sport drinks, food, spare tubes/tires, etc in our follow vehicles. Each day we will prepare water bottles for your bike using GU Electrolyte Brew, and will provide you with GU Energy products for use during the camp.**

**If you have any questions about what to pack or what to look for when purchasing cycling clothing or supplies, please contact us at 520-318-4032 or [tucson@trainright.com](mailto:tucson@trainright.com) .**

**Carmichael Training Systems Triathlon Camp  
Tucson, AZ  
March 1-4, 2010**

**Monday**

2:00pm	Registration and Bike Drop Off at CTS Facility	
6:00pm	Dinner with Introductions and Camp Overview	

**Tuesday**

8:00am	Ride	Field Test
11:00am	Lunch	
1:30pm	Analysis	Power Data Analysis with Coach
2:30pm	Swim	Stroke Technique with video analysis

**Wednesday**

8:00 am	Run	Field test and Endurance Run
11:30am	Lunch	
1:30 pm	Presentation	Open Forum on Triathlon Concerns and Questions
3:00pm	Ride, Run	Transition skills and recovery Ride

**Thursday**

8:00am	Swim	Endurance Swim
9:30am	Presentation	Training with Power
11:00am	Lunch	
1:00pm	Bike	Interval Brick work in Power Ranges
4:30pm	Analysis	Power Data Analysis with Coach
6:30pm	Final Dinner	

**Friday thru Sunday**

**Join us at Trifest!**