



**TRIKIRK COACHING**  
Presents  
**TriKirk Boulder County Training Camp**

**What:** Learn to Tri faster at the TriKirk Coaching Spring Training Camp (a USA Triathlon Sanctioned Camp). Join coaches Kirk Nelson (accomplished 5th year pro triathlete and experienced coach) and Eric Dorsch (top AG-er-soon-to-be pro and USAT Certified Coach) for a training camp in legendary Boulder County. In addition to fully-supported training sessions; Kirk and Eric will be providing full swimming video analysis for each athlete, including critique and a CD of your video footage, as well as 1-1 personal instruction and feedback throughout the weekend. This camp is perfect for first timers and newbies up to intermediate-level triathletes. We will meet you where you are at with your current ability and fitness level in each discipline by offering A/B/C workouts for each training session. This is your chance to train at altitude on Boulder's most popular training routes and trails!

**When:** Full-day Friday, full-day Saturday, half-day Sunday, May 14-16, 2010.

**Where:** Boulder County, CO -- Outdoor Swim Sessions at Rally Sport Fitness Center in Boulder, run sessions on picturesque trails and local track, rides that will be fun and challenging in and around Boulder, CO, and general meeting for meals and clinical sessions at TriKirk Coaching HQ in SW Longmont (1 mile from hotels and great restaurants). (Camp HQ are located in SW Longmont, just 12 minutes NE of Boulder, 30 minutes N of Denver, 45 minutes NW from Denver International Airport, and 25 minutes south of Fort Collins.)

**Who:** Beginners and First-timers up to intermediate-level triathletes, Males and Females, ages 16+.

**Registration Cost:**

\$250 prior to April 1 (mail-in registration must be post-marked May 31 or before)  
\$270 prior to April 21 (mail-in registration must be post-marked April 20 or before)  
\$290 prior to May 10 (mail-in registration must be post-marked May 9 or before)  
\$300 May 10 to May 14 (email [coachkirk@trikirkcoaching.com](mailto:coachkirk@trikirkcoaching.com) for registration details)

*Additional \$10 USAT event license fee applies for Non-USAT members.  
Camp Registration is limited to 18 athletes, so sign up soon!*

**What you get with Registration:**

1. Personal instruction and feedback from top-notch triathlon coaches (not to mention super-fast triathletes), Kirk Nelson (5th yr Pro) and Eric Dorsch (top AG athlete) -- ([www.trikirkcoaching.com](http://www.trikirkcoaching.com))



2. Full Video analysis of swimming (under/above water) and yours to keep CD.
3. Colorado Multisport: Presentation on optimizing power and aerodynamics + free spot checks on bike fits.
4. Master of muscle activation therapy, Josh Shadle (owner of Tri-Massage): Presentation on injury prevention, efficiency, and overcoming muscle imbalances.
5. Delicious lunches (vegan/vegetarian options too) provided on Friday, Saturday, and Sunday.
6. Six fully-Coached, fully-supported, organized Training sessions! 2 swims, 2 bikes, and 2 runs.
7. Free entry into the TriKirk Racing Sponsor Raffle giveaway!! We have some amazing products we will be giving away that have been generously donated by our sponsors!
8. Complimentary snacks and full lineup of nutritional training products to use during training sessions





## TriKirk Boulder County Training Camp Schedule Longmont, CO May 14-16, 2010

### Friday

7:00a.m.-7:30a.m.: Check-in

7:30am – 8:00am: Introductions, Camp Schedule Overview, weekend logistics TriKirk HQ

8:30-12:00 Bike Ride. Jamestown/Ward – depart TriKirk HQ. A = ~50 miles, B = ~35 miles, C = ~20 miles.

11:00am – 12:45pm Provided lunch, fruit, snacks. Charity Nelson's mouth-watering-made-to-order sandwiches on homemade bread!! TriKirk HQ.

1:30-3:00pm.: Swim outdoors @ Rally Sport Boulder, under/above-water video capture. A = ~3000 yards, B = ~2000 yards, C = ~1000 yards.

3:30 – 4:30pm Short Trail run, Eagle Trailhead. A = 45-60 min. B = 30-45 min. C = 15-30 min.

6:30 – 8:30pm: Colorado Multisport. "Optimization of Aerodynamics and Power" presentation, bike fit checks, open house discount, Q&A

### Saturday

8:00am depart TriKirk HQ for Trail Run

8:30 – 10:00am Trail Run, Marshall Mesa Trailhead. A = 70-90 min. B = 50-70 min. C = 30-50 min.

11:00am – 12:00pm: Provided brunch, Charity famous breakfast burritos!! TriKirk HQ.

12:30 – 1:30pm Swim Video Critiquing/viewing, TriKirk HQ

2:30-4:00pm.: Swim outdoors @ Rally Sport Boulder. A = ~3000 yards, B = ~2000 yards, C = ~1000 yards.

6:30 – 8:00pm: Josh Shadle of Tri-Massage: "Muscle Activation Therapy: Injury Prevention, Performance, and Recovery. TriKirk HQ

### Sunday

7:00am Depart TriKirk HQ for track workout.

7:15am – 8:45am: Running Workshop and Track workout @ nearby track (1 mile away)

9:00 – 9:30am: Charity's post-run Recovery smoothies!! TriKirk HQ

9:00 – 10:00am: prep for bike ride

10:00am – 1:30pm: Bike ride Carter Lake, leave from TriKirk HQ. A=~50 miles. B=~35 miles. C=~20 miles.

1:30 – 3:00pm: Provided Lunch, Charity's to-die-for meat/veggie lasagna!!

2:30 – 3:30pm: Camp wrap-up, Sponsor raffle giveaway, good-bye hugs :-)

Kirk Nelson

[www.trikirkcoaching.com](http://www.trikirkcoaching.com)

[coachkirk@trikirkcoaching.com](mailto:coachkirk@trikirkcoaching.com)

(303) 709-4899