

# IRONMAN Triathlon Training Camps



**TAUPO**

**30<sup>th</sup> Jan – 1<sup>st</sup> Feb 2010**

**&**

**12<sup>th</sup> - 14<sup>th</sup> Feb 2010**

**Stand on the start line with confidence!**

**Know you're ready for your Ironman by attending our weekend training camps.**

**Train on the course & learn the most efficient way to master the terrain.**

**Enjoy your last big training weekends** with others training for the same goal.

**Have total confidence that your race nutrition & race gear** is the best for you and know that it works.

**Work with accredited triathlon coaches** and get feedback on every session.

**Confirm to yourself** that your training is right on track for a successful Ironman.

**For more information:**

**Phone 021 570 481**

**Email [wendy@endurancecoach.co.nz](mailto:wendy@endurancecoach.co.nz)**

**Please Note: Booking for these camps will close by: 20<sup>th</sup> Jan 2010**

