



**PACIFIC CYCLING
CENTRE**

WINTER TRAINING CAMP, OFF-SEASON PREPARATION

Dates: January 28-31, 2010

Location: Victoria, BC

Deadline to Apply: Jan 25, 2010

Camp fee: Free, pre-registration is required if space is available

The Pacific Cycling Centre is committed to developing the sport of cycling and helping athletes reach their potential. For the past 11 years we are proven our ability to develop and produce World Champions. We are a leading training centre that produces long term results. After a very successful camp in December, Pacific Cycling Centre will be holding a January winter training camp that is subsidized by our Olympians, **Svein Tuft** and **Erinne Willock**, and supported by **Action MotorCycles** and **PacificSport Victoria**.

Whether you are a cyclist or triathlete this is your opportunity to train and work with an Olympic coach and Olympic athletes. Find out what you need to know about how to build your foundation and fitness for the 2010 season and how our Olympians and Pro-tour riders build their endurance during the off-season.

Our January off-season winter training camp is focused on base aerobic and endurance, core stability, flexibility and balance. The group rides aim to develop and improve endurance and boost aerobic capacity for both road race and short distance track cyclists.

Observation and feedback by Master coach. During the camp you will get direct feedback on your strength, core strength and endurance, as well as flexibility profiling, suggestions and guidelines to develop an individual training plan during your approach to off-season preparation.

Full support is offered during the rides. Transportation, accommodation and food are not included in the fee. (Assistance is available)

Camp Rules: Helmet, full fenders are obligatory, please bring proper riding gear and indoor gym clothing (shorts, running shoes). Meet 10 minutes before the start of each ride and gym session.

Camp Format: Rides will be divided into different groups based on the number of cyclists and their categories. Modifications will be made based on cyclists' abilities and coaches' observations.

<i>Date</i>	<i>AM</i>	<i>PM</i>
Thursday Jan 28th	<i>PacificSport Victoria parking lot</i> 11:00 – 1400 ~80-90km 11:00 ITT → Willis point (hill climb) 13:00 ITT → LandsEnd TT course	
Friday Jan 29th	<i>PacificSport Victoria parking lot</i> 10:00-13:30 (Peninsula) ~90-100 km “Base Endurance” focus; pace line and techniques, Group of 3-4 riders→ 3-5x10km at 85-88%MAP→ 100+ RPM 1min pull→rest 4-5min (Lands End TT course,	James Bay School Gym 5:00-7:00 PM Indoor dynamic strength and core stability
Saturday Jan 30th	<i>PacificSport Victoria parking lot</i> “Base Endurance” 10:00-14:00-pm ~100-110km Shawnigan Lake depending on weather conditions) Focus Climbing techniques, 78-80% of your MAP 1 lap around the lake	

Sunday Jan 31st	<i>PacificSport Victoria parking lot</i> 10:00-15:00 ~120-130km Peninsula focus; pace line and techniques,	