

# 7<sup>TH</sup> ANNUAL HOCKLEY VALLEY TRIATHLON WEEKEND

## June 4<sup>th</sup> to June 6<sup>th</sup>



HR presents the Hockley Valley Triathlon Weekend in the beautiful Hockley Valley. The camp has been a major success in years past. HR athletes have commented that regardless of what Ironman or \_ Ironman event they are training for, the camp was a valuable part of their season.

### 10 Reasons to put this in your Calendar in 2010



1. 3 day camp
2. Amazing coach to athlete ratio
3. Former Ironman Champions on hand
4. Best support crew in the world
5. Video analysis in the water and on the track
6. Training camp BBQ
7. 4400ft of climbing
8. Massage Therapies available for booking onsite
9. Ideal training location for any Ironman athlete
10. Camp with proven results



The camp is designed to be a high volume weekend of training with excellent coaching and support. During the camp you will participate in training sessions that will prepare you to race at any distance up to the Ironman. Outside of the training sessions we will have a Swim Clinic and Social Dinner.

### Training layout

Friday June 4 <sup>th</sup>	Saturday June 5 <sup>th</sup>	Sunday June 6 <sup>th</sup>
<ul style="list-style-type: none"> <li>• 9:00am - yoga and stretch</li> <li>• 10:00am – Swim Technique</li> <li>• 2:00pm – Fun Bike / Run workout</li> <li>• 8:00pm – Clinics – <b>Setting the Mood</b></li> </ul>	<ul style="list-style-type: none"> <li>• 6:30am – Open water swim for Crazy people</li> <li>• 8:00am - Ride the 90km –180km bike on the one of the most challenging course in Ontario, optional run right after the bike.</li> <li>• Post Ride: Run 7-14km</li> <li>• 6:30pm - Social dinner</li> </ul>	<ul style="list-style-type: none"> <li>• 7:30am – Long Run 15-36km</li> <li>• Social with Food</li> <li>• 12:00pm - end of camp</li> </ul>

#### **COST: (gst not included)**

\$250.00 for HR Athletes

\$299.00 for Non HR Athletes

#### **To Register Contact Healthy Results at (519) 938-1351**

There are a limited number of spots

Fees include the following; pool rental, snacks post workouts, support, and Social dinner

Food and accommodations are not included (see below for details)

#### **ACCOMMODATIONS:**

- **Best Western** - <http://www.bestwesternorangeville.com/>  
(6km from the camp)
- **Hockley Valley Resort** - <http://www.hockley.com/>  
(4km from the camp)

