

2010

PEAKS COACHING GROUP FALL CAMP

USING YOUR POWER DATA TO PLAN THE PERFECT 2011 SEASON

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Join Hunter Allen and Peaks Coaching Group for our second annual fall training camp in beautiful south central Pennsylvania. This camp is designed to teach cyclists of all abilities and styles how to use their historical power data to plan the perfect 2011 season. Hunter and his team will teach you how to identify your strengths and weaknesses, how to develop a periodization plan and improve results of each phase of their training. Each athlete will go through a series of personal physical and bio-mechanics tests such as FACT Lactate, Spin Scan Pedal Analysis, RAMP, Watts/Kilo Testing and more in an effort to better understand your baseline abilities and then use this information, along with your past power data to improve your training plan for 2011.

During the five day camp you'll experience an excellent blend of morning educational seminars, picturesque fall foliage rides, and afternoon baseline testing and planning. Breakfast and dinner will be supplied by the Allenberry Restaurants, Lodge and Playhouse (www.allenberry.com), a fifty-seven acre resort located in historic Boiling Springs, Pennsylvania. All the while our coaching staff will be working with you to offer tips and advice, lead each ride, keep your bikes in top shape and make this a camp to remember. We will only be accepting 15 athletes, so sign up and reserve your spot today!



ITINERARY HIGHLIGHTS

Each ride will feature 2 pace options

DAY Arrival: Sunday Oct 17th

- 3:00 pm – Arrive and Check-in
- 5:00 pm – Bike Check and Meet & Greet
- Dinner on your own

DAY One: Monday Oct 18th

- 8:00 am – Buffet Breakfast
- 9:00 am – Seminar - *Diagnosing Power Data*
- 11:00 am – Kings Gap Ride (105 km)
- 4:00 pm – Coaches Corner
- 4:30 pm – FACT Lactate Testing
- 6:30 pm – Team Dinner

DAY Two: Tuesday Oct 19th

- 8:00 am – Buffet Breakfast
- 9:00 am – Seminar - *Periodization*
- 11:00 am – Three Creek Part 1 Ride (70 km)
- 4:00 pm – Coaches Corner
- 4:30 pm – RAMP Testing
- 6:30 pm – BBQ at Meadow Pavilion

DAY Three: Wednesday Oct 20th

- 8:00 am – Buffet Breakfast
- 9:00 am – Seminar - *Building a Better Base*
- 11:00 am – Blue Mountain Steep Grade Climb (102 km)
- 4:00 pm – Coaches Corner
- 4:30 pm – Spin Scan Pedal Analysis
- 6:30 pm – Buffet

DAY Four: Thursday Oct 21st

- 8:00 am – Buffet Breakfast
- 9:00 am – Seminar - *Understanding Build and Specialization*
- 11:00 am – Three Creek Part 2 Ride (78 km)
- 4:00 pm – Coaches Corner
- 4:30 pm – Watts/Kilo Testing
- 6:30 pm – Buffet
- 8:00 pm – “Murder at the Howard Johnson’s” at the Playhouse

DAY Five: Friday Oct 22nd

- 8:00 am – Buffet Breakfast
- 9:00 am – Seminar - *Power Tracking*
- 11:00 am – Check Out
- 11:30 am – Various distance rides
- Travel Home

The fee for the camp, lodging, all meals, snacks, gratuities and entertainment is \$1,995 (*additional \$150 for single occupancy*). This includes five nights lodging, buffet breakfast, “on-the-road” lunch, and spectacular dinner events. Each participating athlete will be supplied with a custom training manual based on the weeks’ learning that will feature your baseline test results, all seminar handouts, period specific training spreadsheet for better self analysis and even some secret workouts of the pros.

Special Alumni* price until July 5, 2010: \$1795 (*additional \$150 for single occupancy*)

Day Campers are always welcome: \$175 a day

*Peaks Coaching Group Alumni (previous camp athletes and coached athletes).

www.peakscoachinggroup.com • info@peakscoachinggroup.com

CALL PEAKS COACHING GROUP 540-587-9025



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2009 PEAKS COACHING GROUP FALL CAMP

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DETAILED SCHEDULE

CHECK IN SUNDAY OCTOBER 17, 2010 AFTER 3PM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am - 9:00 am	Breakfast Buffet	Breakfast Buffet	Breakfast Buffet	Breakfast Buffet	Breakfast Buffet
9:00 am - 10:30 am	<i>Historical Power File Analysis and Diagnostics</i>	<i>Using Power to Better Understand and Customize Annual Periodization</i>	<i>Building a Better Power Based Base</i>	<i>Understanding Build and Specialization by Using Your Power Data</i>	<i>Race Form Through "Power Tracking"</i>
11:00 am - 3:00 pm	Paced Ride (105k) Flat to rolling day spent in the valley, short climb to King's Gap for lunch and some pace-line work heading home.	Technique Day (70K) Ride part of the famous Three Creek course, with stops at certain training points for technique work.	Climb Ride (102k) Two times over Blue Mountain at Lambs Gap and Waggoner's Gap, shorter, steep grade climbs. Rolling valley home.	Technique Day (78K) Ride part of the famous Three Creek course, with stops at certain training points for technique work.	Casual Ride (90k) Long ride feature some climbing, long fast flats and rolling country roads.
3:00 pm - 4:00 pm	Snacks in lobby	Snacks in lobby	Snacks in lobby	Snacks in lobby	Snacks in lobby
4:00 pm - 4:30 pm	Coaches Corner <i>Using Power data to find the "Low Hanging Fruit"</i>	Coaches Corner <i>Core Strength and Yoga Winter Program</i>	Coaches Corner <i>LSD vs. SST</i>	Coaches Corner <i>Train Your Weakness, and Race your Strengths</i>	Coaches Corner <i>Using Power Data To Build and Maintain Peak</i>
4:30 pm - 5:45 pm (1 Test Session per day)	Training "Breakouts" • Spin Scans • FACT Lactate • Winter Product Testing • RAMP Testing • Watts/Kilo Testing	Training "Breakouts" • Spin Scans • FACT Lactate • Winter Product Testing • RAMP Testing • Watts/Kilo Testing	Training "Breakouts" • Spin Scans • FACT Lactate • Winter Product Testing • RAMP Testing • Watts/Kilo Testing	Training "Breakouts" • Spin Scans • FACT Lactate • Winter Product Testing • RAMP Testing • Watts/Kilo Testing	Training "Breakouts" • As needed
6:15 pm - 7:30 pm DINNER	Team Dinner	BBQ (weather permitting)	Buffet	Buffet	Travel home
NIGHT	Walking Tour of Boiling Springs	Open	Open	Show at Playhouse	

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MEET OUR COACHES



HUNTER ALLEN

Author of *Racing and Training with a Power Meter*

Learn Power Training From the Guy who Wrote the Book!

Widely known as one of the top experts in the world in coaching endurance athletes using power meters, Hunter's goal has always been to teach athletes how to maximize their training and racing potential. Through professional analysis of their power data, Hunter helps discover an athlete's true strengths and weakness, quantitatively assess training improvements and refine and maximize the focus of their training. "Power Training can add a whole new dimension to your cycling. By using a power meter, you literally have a 'second by second' training diary, which allows me, as a coach, to not only see exactly what you are doing on your rides, but also to plan training using the 'dose' and 'response' method," Allen states. Hunter's power training method has built success at all levels of cycling and endurance sports, training well known professional & Olympic athletes such as Jeremiah Bishop (Volkswagen-Trek), 2008 U.S. National Champion Mountain Biker, Daniel Lloyd (CerveloTest Team), 2008 Vuelta de Extremadura, Sue Haywood, 2007 World Mountain Bike 24 Champion, Dan Fleeman (CerveloTest Team), 2008 Winner of Tour of Pyrnees and with the 2008 USA Olympic BMX Team.



SCOTT MONINGER

Peaks Coaching Group
17 Year U.S. Pro

Ride with One of the Most Successful U.S. Pro's in History

Scott has raced on 6 different pro teams including most recently BMC (2007), Healthnet (2004-2006), and Mercury (1999-2002) pro teams. He began his prestigious career racing professionally as a member of the Coors Light Pro Cycling Team in 1991. Scott has an impressive resume featuring multiple wins at many elite U.S. events. He is a 4 time winner of Oregon's grueling stage race the Cascade Classic, and 4 time winner of one of the oldest, most physically and technically challenging races in the U.S., the Nevada City Classic. Scott was also 2 time winner of the Tour of Gila, Redlands Classic, and the International Tour De Toona, to name a few. Scott was voted the 2005 VeloNews Male Road Cyclist of the Year and was ranked #1 road rider twice in the USA (1992 & 2005). Scott retired from racing at the end of the 2007 season with 275 career wins and joined the Peaks Coaching Group in 2008.

Scott will be coaching and leading our elite paced riders; Catch him if you can!



TIM CUSICK & KATHY WATTS

Peaks Coaching Group

Be the Guest of Local Coaches

Camp is being hosted by local riders and Peaks Coach Tim Cusick & Kathy Watts. Their local knowledge and ride route planning will ensure not only great education but some of the best fall riding that South Central Pennsylvania has to offer.

Tim and Kathy will be hosting this event at the beautiful Allenberry resort.



www.allenberry.com



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ADDITIONAL CAMP DETAILS

THINGS TO DO

IN AND AROUND ALLENBERRY RESORT

Catch and Release Fly Fishing

on the Yellow Breeches Creek, one of the most famous trout streams in the Northeast! Bring your rod and waders or rent a rod from the local outfitters (no wader rentals).



Tennis Anyone!

Bring your racquets and play creek side on the lighted Har Tru courts.

Hiking on the Appalachian Trail

It's the perfect time of year for a hike in the woods, just a short walk from the lodge.

Visit Historic Gettysburg

A short 30 minute drive to the Gettysburg Battlefield: a major Civil War turning point where Union Army defeated the Confederate Army.

Shopping in Carlisle

Just minutes away, shop the unique art and antique shops in historic downtown Carlisle; lots of great restaurants too.

Harrisburg, PA captial city

A 20 minute drive to Pennsylvania's capital city with museums, restaurants and shopping.

FREQUENTLY ASKED QUESTIONS

Q: Can I ship my bike to PA early so I don't have to take it on the plane?

A: Yes you can ship your bike in advance and we will have it assembled and ready for you. Details to be supplied upon sign up.

Q: I am flying into camp and don't want to rent a car, what can I do?

A: We would be happy to make arrangements to pick you up and drop you off from Harrisburg International Airport. Contact us to make arrangements.

Q: What is the weather like in Pennsylvania in October?

A: The average temperature for this time of year is 55 degrees; low morning temperatures average 45 degrees with afternoons getting up to 65 degrees. The fall foliage should be in its prime with a magnificent pallet of colors.

Q: What will the riding terrain be like at camp?

A; The riding in this area is beautiful country riding with lots of rollers, flat farmland stretches and selected climbs. South Central PA features shorter climbs with typically steeper grades, a compact crank or 27x12 is recommended.

Q: What extra costs should I be expecting?

A: This is an all inclusive camp, outside of Sunday night dinner. Lodging is covered from Sunday night check in at 3:00 PM to Friday afternoon check out at 11:00 AM but locker room shower facilities will be available after the ride.

Q: What will the daily rides be like?

A: It is fall and the riding will be more "casual" then spring camps. We will have a least two "technique" says that will feature, sprints, TT, climbing and others but these days will be designed based on the needs of campers and will feature "optional choices" to allow riders to customize their technique days. Pace will still be solid and rides will feature two pace groups if needed.

Q: What kind of food is available?

A: Allenberry features its award winning buffets. breakfast will be a full selection of eggs, potatoes, pancakes, fruit, and world famous sticky buns. Dinners are PA smorgasbord style featuring cut meats, great pastas and plenty of sides and desserts.

If you have any further questions please contact Hunter Allen at 540-587-9025.



ALLENBERRY'S
MEADOW LODGE

