

2010

PEAKS COACHING GROUP FALL CAMP

USING YOUR POWER DATA TO PLAN THE PERFECT 2011 SEASON



Boiling Springs, PA

USING YOUR POWER DATA TO PLAN THE PERFECT 2011 SEASON

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 an in depth analysis in an effort to better understand their baseline abilities and then use this information, along with their past power data to improve their 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 Resort Inn 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
- 6:30 pm – Team Dinner

DAY One: Monday Oct 18th

- 8:00 am – Buffet Breakfast
- 9:00 am – Seminar - *Diagnosing Power Data*
- 11:00 am – Kings Gap Ride & Drills (65 km)
- 4:00 pm – Coaches Corner
- 4:30 pm – Yoga & Massage
- 6:30 pm – Team Dinner

DAY Two: Tuesday Oct 19th

- 8:00 am – Buffet Breakfast
- 9:00 am – Seminar - *Periodization*
- 11:00 am – Double Climb (90 km)
- 4:00 pm – Coaches Corner
- 4:30 pm – Yoga & Massage
- 6:30 pm – BBQ at Meadow Pavilion (Weather Permitting)

DAY Three: Wednesday Oct 20th

- 8:00 am – Buffet Breakfast
- 9:00 am – Seminar - *Building a Better Base*
- 11:00 am – Sprints & Form
- 4:00 pm – Coaches Corner
- 4:30 pm – Yoga & Massage
- 6:30 pm – Dinner Buffet

DAY Four: Thursday Oct 21st

- 8:00 am – Buffet Breakfast
- 9:00 am – Seminar - *Build & Specialization*
- 11:00 am – Long Day (120 km)
- 4:00 pm – Coaches Corner
- 4:30 pm – Yoga & Massage
- 6:30 pm – Dinner Party

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
- 1:30 pm – Pizza Lunch
- Travel Home

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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: \$1795 (additional \$150 for single occupancy)

Day Campers are always welcome: \$175 a day

www.peakscoachinggroup.com • info@peakscoachinggroup.com

CALL PEAKS COACHING GROUP 540-587-9025



**PEAKS
COACHING
GROUP**

Power Training. Powerful Results!

USING YOUR POWER DATA TO PLAN THE PERFECT 2010 SEASON

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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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" than 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.

2009 FALL CAMP ENTOURAGE



Including Hunter Allen, Scott Moninger (PCG jerseys), and campers from all over the USA, Canada, and England.

"I was at the 2009 Fall camp at the PA location last year and it was a fabulous experience. The riding was spectacular, I learned gobs about my power meter and the software, and found a great coach. It really turned out being one of my best "vacations". I highly recommend it."

Molly J. Breslin

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