

2010

PEAKS COACHING GROUP POWER CAMP

Training and Racing with a Power Meter Spring Camp



TRAINING AND RACING WITH A POWER METER SPRING CAMP Bedford, VA • April 12-17, 2010

Rising out of the Blue Ridge Mountains, two prominent peaks stand out against the sky giving Bedford one of the most beautiful backdrops in Virginia. Part of the Blue Ridge Parkway, these peaks are known as The Peaks of Otter and act as the backdrop and challenge of the Peaks Coaching Groups premier cycling camp.

Join Hunter Allen, Scott Moninger and the Peaks Coaching Group for this six day cycling camp in the scenic Blue Ridge Mountains. Based out of Peaks Coaching Group headquarters, this camp offers cyclists the ability fine tune their foundation training and prepare for the upcoming season while exploring the Valley's and Peaks of Southern Virginia and the Blue Ridge Parkway.

- Daily Power Training Seminars and on-the-road coaching from Hunter Allen
- Advanced Power Training Techniques and WKO Utilization methods that will improve your results•
- Low traffic road and miles of training on the Blue Ridge Parkway
- Learn from and train with Scott Moninger to get those "inside the peloton" tips
- One-on-one coaching and power file analysis from Hunter, Scott and the rest of the Peaks Coaching team
- Fully supported rides featuring on the road coaching, key training drills, power testing and great camaraderie.
- Catered evening meals and lunches
- Post ride yoga, massage and Wobblenaught bike fit by appointment

Register at www.peakscoachinggroup.com/camps or call (540) 587-9025

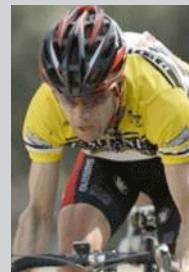


Learn Power Training from the guy who wrote the book!

Hunter Allen - Co-Author of "Training & Racing with a Power Meter," Co-Founder of TrainingPeaks WKO Software and former U.S. Pro

HUNTER ALLEN

Author of *Training and Racing with a Power Meter*



Ride with one of the most successful U.S. Pros in history!

Scott Moninger - Winningest U.S. Pro ever with over 275 wins & 2 time NRC Series Winner

SCOTT MONINGER

Peaks Coaching Group
17 Year U.S. Pro

This will be an intermediate/advanced camp for racers and fast recreational riders who have been training for 1 year or more, and/or are Cat 4 and higher. The camp will feature training and racing drills while covering plenty of foundation building miles.

The Cost for the Camp will be \$1,800 per person and will include lodging and all the other great things mentioned above. Lodging will be in the local Days Inn (subject to change), double occupancy. It will cost extra if you want a private room for the duration of the camp (\$195). Transportation to and from the airport is included.

Nearest Airport: Lynchburg Regional Airport (LYH) or Roanoke (ROA)
Lodging: Days Inn, Bedford, VA (included)

www.peakscoachinggroup.com • info@peakscoachinggroup.com

CALL PEAKS COACHING GROUP 540-587-9025



Power Training. Powerful Results!

TRAINING AND RACING WITH A POWER METER

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. To learn more about Scott, visit www.peakscoachinggroup.com.



KAREN MACKIN
Peaks Coaching Group

Peaks Coaching Group

Former Nationally-ranked Category 2 cyclist with over thirty 1st place finishes. USAC Level 2, USAC Power Certified, USA Triathlon Level 1, AFAA Certified Personal Trainer. For more on Karen go to www.peakscoachinggroup.com



BJ BASHAM
Peaks Coaching Group

Peaks Coaching Group

USAC Level 1 and Power Certified Coach with over 25 years of training and racing experience. BJ's athletes scored more than 85 top ten finishes and 16 wins in 2009; USAC Licensed mechanic and Wobblenaught fit technician. For more info on BJ go to www.peakscoachinggroup.com

OUR SPONSORS



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Power Training. Powerful Results!

SCHEDULE OVERVIEW

Training and Racing with a Power Meter Spring Camp

DAY One:

9:00 am – *Racing & Training with a Power Meter*
10:15 am – **Intro Ride & Drill Day**
(drills: Paceline, Cornering, Bumping)
TEST: 1 Min & 5 Min
3:30 pm – Coaching One-on-one
8:00 pm – Evening Presentation

DAY Two:

9:00 am – *Learning from Your Power Profile*
10:15 am – **Sprint Day**
Classic sprint day with race finish
TEST: NP
3:30 pm – Power Profile / Needs Assessment Review
8:00 pm – Sprint Video

DAY Three:

9:00 am – *WKO Set-up and Programming*
10:15 am – **'Storming of Thunder Ridge' FTP Test**
Longer ride with designed FTP test on climb
TEST: FTP
3:30 pm – WKO Set-up and FTP setting
8:00 pm – Climb Video

DAY Four:

9:00 am – *Race Tactics Using Power or TT with Power*
10:15 am – **Power Foundation Building**
3:30 pm – Power File Reviews
8:00 pm – Evening Presentation

DAY Five:

9:00 am – *Foundation Building Review (short)*
10:15 am – **Long Day**
Longer race day with fun fast finish
3:30 pm – Power File Reviews
8:00 pm – Evening Presentation

DAY Six:

9:00 am – *Using your Power Data for Better Workouts*
10:15 am – **Wrap-Up Ride**
2:00 pm – Wrap Up

Target Athlete

This will be an intermediate/advanced camp for racers and fast recreational riders who have been training for 1 year or more, and/or are Cat 4 and higher. We highly recommend bringing your power meter and laptop to get the most out of these camps but are not mandatory. Rides will be from 60 – 90+ miles each day, with shorter options if needed.

Please email Hunter Allen at info@peakscoachinggroup.com if you have any questions as to the suitability of this camp for you.



Camp Fee

\$1,800 (Double Occupancy, \$195 additional for single occupancy). The camp fee includes all coaching, six nights lodging, 6 breakfasts, 5 lunches and 5 dinners, fully supported rides, mechanical support, gels and bars

Camp Itinerary

Will be supplied in camp information packet.

Camp Accommodation*

Conveniently located Bedford, Va, Days Inn is the ideal location to call your home away from home, be it business or pleasure, offering:

- Complimentary wireless Internet in public areas
- Complimentary parking
- Free internet access in every room

*subject to change

Arrival & Check-In: Sunday, April 11th, 2010

Check-In begins at 3:00pm Sunday afternoon, dinner that night is on your own but there is an 8:00 pm riders "meet & greet".

Meals

Breakfasts provided by hotel. Lunches & Dinners will be catered and/or supplied by the hotel or local restaurants. Sunday night dinner is on your own based on arrival times and is not included in the package pricing.

Weather

Plan for all conditions in Virginia! We could have 80 degree days and bring the sunscreen, or it could be cold and wet up on the Mountain. It's April in Virginia and on the whole it should be very mild, but plan for anything.

Airport Shuttles (from Lynchburg (LYH) or Roanoke (ROA) Airports)

We have airport shuttles available from Lynchburg and Roanoke Airports. Please contact us as soon as you know your travel arrangements so we can book pickups.

Departure: Saturday, April 17th, 2010

Please allow 1 hour for the drive plus check in time at the airport.

Bike Shipping:

Bikes can be shipped in advance and will be held for your arrival. We will supply specific shipping address in camp information packet.



Camp Cancellation Policy:

The total camp fee minus \$150 is refundable for withdrawals up until March 8, 2010. For withdrawals after March 8, 2010 but on or before March 29, 2010 50% of your full camp fee payment is refundable. For withdrawals on or after April 5, 2010 no refund will be made available.

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