



MAUI “SEA TO SUMMIT” POWER TRAINING ROAD CYCLING CAMP

Maui, Hawaii January 11 - 14, 2011

Join **Hunter Allen** and Peaks Coaching Group for the all new Maui “Sea to Summit” Power Training Camp on the tropical island of Maui, Hawaii. Kick the winter blues and kick off the 2011 season with four days of training and premier coaching from the guy who wrote the book on Power Training: Hunter Allen. For decades Hawaii has been the winter training ground for top pro cyclists, triathletes and now you! With average high temperatures in the 80’s, Maui is the perfect place for winter training. You will be challenged and inspired by rides that take you along rugged coastlines through tropical rainforests, and up the imposing Haleakalā volcano, which rises over 10,000 ft from the “Sea to Summit” in just 36 miles! Enjoy your down time swimming in the warm pacific waters, limbering up with yoga on the beach, or whale watching!

General Overview:

- Daily Power Training Seminars and on-the-road coaching from Hunter Allen
- Advanced Training Techniques and WKO Utilization methods that will improve your results either through power or heart rate training
- Miles of rolling terrain and high altitude riding featuring on-the-road coaching and key training drills are the perfect way to boost your winter training
- One-on-one coaching and power file analysis from Hunter and the rest of the Peaks Coaching team

Winter Camp Includes:

- Full ride support complete with lunch and snack stops
- Post ride yoga sessions, 30 minute massage and recovery drinks
- Mechanic on-duty will clean and check bicycles each evening
- Evening presentations featuring power training tips as well as reviewing each day’s events
- Fun Evening meals at local restaurants
- Daily activities for non-riding spouses including: snorkeling trips, whale watching tours, wine tasting, and more available.

The cost of the camp, lodging, some meals and gratuities is **\$2,800** per rider (\$1000 for spouse).

This includes 4 days lodging in a single bedroom condo with full kitchen, all breakfasts, on-the-road lunches, and dinners at local restaurants; plus great coaching and camaraderie!

Transportation to and from the airport is included.

Register At:

www.peakscoachinggroup.com

info@peakscoachinggroup.com

Call Peaks Coaching Group 540-587-9025

**Hunter Allen’s
“Training and Racing
with a Power Meter”
2nd Edition**

NOW AVAILABLE

