

AUSTIN TRIATHLON CAMP

**Friday 2/22/13 –
Thursday 2/28/13
Austin, Texas**

Get away from the cold weather this winter and spend an epic week training in beautiful Austin, Texas!

All-inclusive accommodations –

- Luxurious house with wi-fi
- Delicious/nutritious home-cooked meals.
- Bike transport, assembly, and breakdown
- Airport pickup and drop off
- Fully supported rides
- Coached group workouts



Town Lake in Austin, TX

Pro triathlete John Kenny, along with other top level athletes and coaches will share their knowledge and experiences with you at a unique camp set in Austin, TX. **Campers are guaranteed to love their experience.**

Swim – Austin has many amazing pool and open water venues available (Deep Eddy, Big Stacey, and the legendary Barton Springs, among others). Wear your wetsuit or leave it at home. We will have structured interval workouts with Coach John Kenny. Each camper will get a swim video analysis and tips for refining their technique, and we will also practice open water skills – sighting, drafting, tactics, etc.

Bike – Austin is one of the most bike friendly towns in the south. Ride through town or out into scenic Texas Hill Country. See ranches with Texas sized cattle, enjoy the warm climate, and give it your best shot at the famous ATC Taco Ride. Supported rides mean that you can hammer a century ride, or go at your own pace.

Run – Austin has some great running venues close to camp base. Most runs will take place on the Town Lake trail. Also, try the scenic Barton Creek Greenbelt for a more technical trail run.

Experience the local flavor of Austin! Join us for a week to kick start your season, Texas Style!



Texas Hill Country Rides!



Barton Springs!



Texas Ranches!

For pricing information, or to reserve your slot, contact:

John Kenny
Jkenny5150@gmail.com
(609) 864-2823

**Epic Training!
Space is limited!
Sign up now!**