

FLORIDA TRIATHLON CAMP

**Saturday 3/2/13 –
Friday 3/8/13
New Port Richey, FL**

Get away from the cold weather this winter and spend an epic week training in beautiful Southwest Florida!

All-inclusive accommodations –

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



Beautiful beaches on the Gulf of Mexico.

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 New Port Richey, FL. **Campers are guaranteed to love their experience.**

Swim – Experience fantastic open water swims in the wide open blue waters of the Gulf of Mexico. We will also have structured interval workouts in the pool 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 – Cycling in Florida is flat and fast. Go long and hard in a pack of quality riders. Supported rides mean that you can hammer a century ride, or go at your own pace.

Run – Great run venues are located close to camp base. Run on local trails, beaches, and parks. Group run sessions are sure to challenge all campers.

***Train hard, yet experience the laid back atmosphere of Southwest Florida!
Join us for a week to kick start your season!***



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!**