



## **IM 70.3 Lubbock Triathlon Training Camp — May 25 – May 27, 2019**

This three-day intensive triathlon training camp will prepare you for the IRONMAN 70.3 Lubbock race on June 30, 2019. The camp is based around developing your race plan for the Ironman 70.3 Lubbock triathlon. You will swim and ride and run the course. You will climb the infamous hills in the canyon. The camp coaches will guide you through the techniques and strategies to make this your best IRONMAN 70.3 ever!

The camp is designed for the beginner to advanced level triathlete.

### [Register Now](#)

- **Where:** Lubbock, TX
- **Cost:** \$400 per person until March 31; \$460 April 1 – April 30; \$525 May 1 to closing date of May 20.
- **Coaches:** [Triple Threat Tough](#)
- **Included:** All training nutrition, SAG, Education and Strategy Sessions and SWAG. The camp is coached by professional triathlon coaches from Triple Threat Tough. There will be full support on the bike course including roaming SAG and aid stations. The run will be supported with aid stations and roaming SAG. \*Accommodations and meals not included.

### **TRAINING CAMP SCHEDULE**

- Saturday, May 25th
  - 6:00 – 6:30 - Introduction and Camp Schedule
  - 7:00-8:00 – Swim Workout
  - 8:45 – 9:30 – Track workout/how to run fast on a flat course
  - 10:30 – 12:30 – Clinics
    - Race plan development
    - Nutrition for Long Course Triathlon
    - IM 70.3 Lubbock transition layout
  - 12:30 – 2:00 – Lunch on own

- 2:00 – 2:30 – Clinic - Hill climbing technique
- 2:30 – 4:00 – Bike hill repeat workout on IM 70.3 Lubbock bike course
- 4:00 – 4:30 – Brick run
- 6:00 – 8:00 – Group Dinner (optional)
- Sunday, May 26<sup>th</sup>
  - 6:15 – 6:45 – Clinic - Diaphragmatic breathing
  - 7:00 – 7:30 – Swim Workout
  - 8:30 – 1:00 – Bike the IM 70.3 Lubbock course
  - 1:00 – 3:00 – Lunch on own
  - 3:00 – 4:30 – Clinic – Quick transitions and run/bike/run workout
  - 6:00 – 8:00 – Group Dinner (optional)
- Monday, May 27<sup>th</sup>
  - 7:00-7:45 – Swim workout
  - 8:15-8:45 – Closing remarks
  - 8:45-12:00 - Run IM 70.3 Lubbock course (1 or 2 loops)

[CLICK HERE TO REGISTER](#)

### **TRAINING CAMP ACCOMODATION**

The 2019 IM 70.3 Lubbock host hotel has also come onboard with a special Training Camp rate of **\$89 per night!**

When booking call Blake at 806-740-9946. Please mention Triple Threat Tough and that you are a triathlete coming in town for the training camp to access your special nightly rate.

### **MCM ELEGANTE HOTEL & SUITES**

801 Ave Q

Lubbock TX 79401

Phone: (806) 763-1200

Fax: (806) 763-2656

[www.mcmelegantelubbock.com](http://www.mcmelegantelubbock.com)



# BSLT Triathlon Inc Events

- 5-19-19 Buffman & Squeaky Triathlon Festival
  - 6-29-19 Easy Rider Olympic Distance Triathlon
  - 6-29-19 Tri Raider Sprint Triathlon
  - 6-29-19 Little Bison Kids Triathlon
  - 6-30-19 IRONMAN 70.3 LUBBOCK
  - 9-22-19 Off the Rock Triathlon (Lake Alan Henry)
  - 9-22-19 Little Antelopes Kids Triathlon
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