



## 5<sup>th</sup> Annual TIGER COACHING Winter Triathlon Training Camp

January 10<sup>th</sup> and 11<sup>th</sup>, 2009

Nebraska Wesleyan University - 53<sup>rd</sup> & Huntington St., Lincoln, NE 68502

- Join us for a fun and informative weekend exploring the sport of triathlon, including hands on training in the pool, cycling, and running.
- Camp includes: Camp T-shirt, Triathlon Text/Informational Log, water bottle, goodie bag, fun and more
- For ages 16 and above, Beginners to Experienced
- Breakout sessions to focus on your weakest disciplines and interests.
- More active involvement less lecture
- Video analysis of swimming and running
- VO2 Max Testing Included (on treadmill)
- Meals provided; Saturday, Lunch and Dinner, Sunday, Lunch
- Hands on training in Strength Training Principles specific for functional core performance and triathlon training. Written program included.
  
- **OUR GOALS:** To educate each athlete in a fun, inviting atmosphere.  
To meet your personal needs so that you leave with a new sense of confidence.  
To establish invaluable contacts with all coaching professionals in each of our content areas.  
To get your season off on "the right foot"

### **COACHES & SPEAKERS:**

- **Gary Bredehoff, CSCS** – Certified Strength & Conditioning Specialist, USA Triathlon Certified Level II Coach, RRCA Certified Running Coach, Past Ultrafit Certified Associate Coach with Joe Friel's Coaching Staff, ACE Certified Personal Trainer, Certified Life Guard, Ironman Triathlon World Championship Qualifier and Finisher.
- **Scott Bredehoff**, USAT Certified Triathlon Coach; Swim coach, University Place pool, Past Masters swim coach YMCA, 2006 Cornhusker Games Triathlon Champion
- **Chad Wemhoff, MPT, SCS, CSCS** - Board Certified in Sports Injury Rehabilitation. He is the only Sports Certified Specialist in Lincoln and one of only six in Nebraska.
- **Chris Souderup** – Manager and Owner Cycle Works, NSC Sponsor
- **Cholena Soden** – Licensed Massage Therapist
- Other **Experienced Coaches, Athletes, Speakers** and Volunteers will be on hand to present and assist

### **Participants Testimonials from Past Triathlon Camps:**

"I really think that the camp was helpful to experienced triathletes. It's kind of funny how lots of people will shell out \$1000 or so for fancy wheels, yet not update the training for the "engine". I would encourage more experienced triathletes to attend."

**John Marsh**

"The camp is great for those beginning to getting into the sport of triathlon as well as those wanting to improve techniques and efficiencies"

**Lance Graves**

"I appreciated the variety of information and speakers. The camp was extremely helpful and the variety of information was great, a great deal for the registration fee. I appreciate how you encouraged everyone to participate by sharing stories and information. Someone with your experience and expertise could have come across as egotistical, but instead you were very friendly and approachable, welcoming suggestions and ideas. Your positive attitude really set a great tone for the weekend."

**Jessica Franssen**

"Very good camp, I would recommend this camp to others without reservation" **Richard Propst**

# **TENTATIVE SCHEDULE**

## **Saturday 10th January:**

<b>7:30-8:00am</b>	<b>Registration/Check-In</b>
8:00-9:00am	Introduction to Triathlon – Goal Setting, Training, Q & A
9:00-10:15am	Critical Training Zones – “Training with Heart Rate”
10:15-10:30	Break
10:30-12:00pm	Swimming/Video Stroke Taping <b>(active)</b>
12:00-12:30pm	Lunch
12:30-1:45pm	Racing Tactics – Transition Techniques
1:45-3:00pm	The Art and Science of Fueling
3:00-3:45pm	Break – Group Run – Indoors or Outdoors <b>(active)</b>
3:45-4:45pm	Functional Strength - Core Training exercises <b>(active)</b>
4:45-5:45pm	Dinner - Swim Stroke Analysis (classroom Dartfish)
5:45-7:00pm	<b>Breakout Session #1</b> (see below) <b>(active)</b>
7:00-8:00pm	Designing Periodized Training Plans for Multisport

## **Sunday 11th January:**

8:00-9:00am	Run Video Gait Analysis, Drills, Runner Specific Exercises <b>(active)</b>
9:00-10:15am	Cycling Equipment/Bike Fit (Kris Souderup)
10:15-10:30am	Break
10:30-11:45am	Injury Prevention and Treatment through massage and stretching (Cholena Soden) <b>(active)</b>
11:45-12:30pm	Brunch (Chad Wemhoff Speaker)
12:30-2:00pm	<b>Breakout Session #2</b> (see below) <b>(active)</b>
2:00 -3:00pm	Run Video Analysis
3:00-3:30pm	One-on-One with Coaches
<b>3:30-4:00pm</b>	<b>Departure Time</b>

### **Breakout Session #1 (Number preferences from 1-3)**

- \_\_\_ **Swim Instruction/Techniques in Pool**  
Additional Pool Time with Scott Bredehoff
- \_\_\_ **High Performance Sports Conditioning**  
Hands on Special Conditioning Exercises with Gary Bredehoff, CSCS
- \_\_\_ **How to get better at cycling; Cycle Ops Power Testing Demo**

### **Breakout Session #2 (Number preferences from 1-3)**

- \_\_\_ **Athletic Strength for Triathlon (hands on)**  
Learn Sports Specific Strength training exercises
- \_\_\_ **Running Tough (on the track)**  
Workouts to improve your Running leg, Sprint to Ironman
- \_\_\_ **Swim Stroke Work with Scott Bredehoff (in the pool)**

(Must have a minimum of 4 participants in a breakout session)

**Please send completed form and fees to:** Gary Bredehoff  
Tiger Coaching & Personal Training  
2110 Winthrop Rd. Suite 100B  
Lincoln, NE 68502

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**FEES:**

- **Super Saver Early registration fee (received by December 12th):** \$225.00 (Check or Charge) **Regular Registration Fee (received by December 29th):** \$275.00 (Check or Charge) **Student Rate (must be full time college or high school student) \$195.00 (received by December 29th), (Must provide proof of schooling)**  
**Late Fee Add \$25 if received after December 29th**
- \$15.00 Discount for Team Nebraska Triathlon Members, Tiger Coaching **Active** Clients, or Multiple Family Additional Members Registrants (one discount per person)
- **CONTACT** Gary Bredehoft FOR MORE INFORMATION – m.(402)-560-8280 or h. (402)-488-2915 or email [coach@tigercoaching.com](mailto:coach@tigercoaching.com) [www.tigercoaching.com](http://www.tigercoaching.com)
- **Camp Location:** Nebraska Wesleyan University, 53rd & Huntington (Fieldhouse & Swimming Pool), Lincoln, NE 68504

**Tiger Coaching and Personal Training Triathlon Camp**

Name \_\_\_\_\_ D/O/B \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W or M) \_\_\_\_\_ Sex: \_\_\_ F \_\_\_ M

Email \_\_\_\_\_

Experience-Accomplishments, Triathlon / swimming: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Skill Level: Newbie - Beginner - Intermediate – Advanced

Goal Race Distance: Sprint - Olympic - Half – Ironman, Weakest discipline: \_\_\_\_\_

T-shirt size S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ Total Amt. Enclosed: \$ \_\_\_\_\_ Card Type: Visa MC AMEX

Charge Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

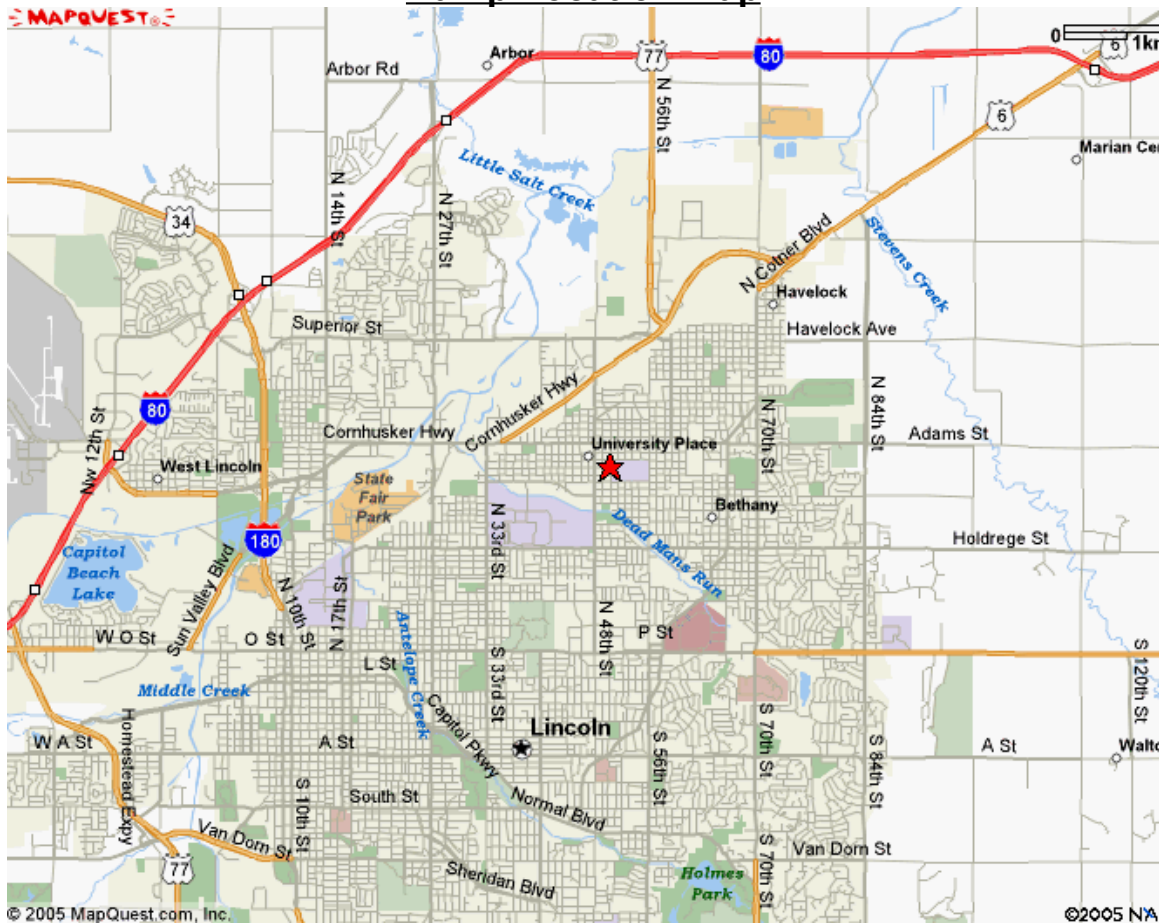
**Make Checks payable to: Tiger Coaching**

**WAIVER**

I know that participating in a triathlon training camp is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained to perform the distances of this event which involves swimming and running. I agree to abide by any decision of the camp official relative to my ability to safely complete the camp, as well as abide by any recommendation to withdraw from the camp, train at a slower pace due to weather conditions. I understand that the weather conditions are often hot and humid and there is a danger of heat related injury or even death. I assume all risks associated with participating in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including heat, humidity, traffic, and the road conditions. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Tiger Coaching & Personal Training, Inc. & its employees, Nebraska Wesleyan University, the City of Lincoln, and all Sponsors, their representatives, assigns, and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

\_\_\_\_\_  
Signature DATE (If under 18, parent or guardian signature)

## Camp Location Map



### For Hotel Information Call: (both within 3 miles of Camp)

Fairfield Inn  
4221 Industrial Ave. (Approx. 27<sup>th</sup> & Superior)  
Lincoln, NE 68504 402-476-6000

Howard Johnson Inn  
5250 Cornhusker Hwy.  
Lincoln, NE 68504 402-464-3171