



PENTICTON BC | JULY 13~16, 2022

The Penticton Multi-sport Endurance Training Camp returns with organized daily 2-3 workouts under the watchful eye of multi-sport specialist, NCCP Certified Coach Andrew Tuovinen.

A competitive athlete, Andrew earned two age group silvers in both the Duathlon and Triathlon World Championships in 2014, and won his age group at The Whistler Gran Fondo in 2018, also placing 10th overall. Besides an intimate knowledge of Penticton and environs from a training perspective, he brings a wealth of coaching and competitive insights to each of his Penticton camps. All participants of all strengths can expect results working with Andrew. Limited to 12 participants, this means lots of personal attention for everyone in every training session.

This camp is designed for triathletes, multi-sport endurance athletes and road cyclists of all levels who seek that next level of training experience in an ideal setting, and who want to reap the fitness gains that go along with advanced coaching and training. Experience the pastoral beauty and quiet roads and trails of the Okanagan; make waves in the fresh waters of Skaha and Okanagan lakes, and breathe in the fragrant orchards as you enjoy running on trails and quiet roads surrounding Penticton.

Besides coached swim-bike-run training sessions, the camp will feature daily focused mini-workshops on topics such as pre, during and post training nutrition, stretching and yoga techniques to promote exercise recovery, functional body weight workouts, and recovery enhancement techniques. Each participant will enjoy a bag of swag from our sponsors and a farewell dinner.

Cost:

4-days | July 13-16 | \$575^{GST}



Andrew Tuovinen,

- NCCP & Triathlon Canada Certified Level 2 Coach
- Canfit and BCRPA Certified Personal Trainer
- TRX Suspension Trainer Certified





MULTI-SPORT ENDURANCE CAMP

CAMP 2022 ITINERARY

Day 1: Wed, July 13	7:00 pm	Meet and Greet / BBQ Dinner / Overall Weekend Briefing at Host Kelly's (#116-3948 Finnerty Road, Penticton)
Day 2: Thu, July 14	6:30 am	Light breakfast
	7:00 am	Cycle: Hilly route to Apex Mountain, 2 to 2.5 hours Focus: hill climbing techniques
	9:00 am	Breakfast
	11:00 am	Presentation: Eating Healthy for Results via Zoom with T'ai Erasmus for 45min at Host Kelly's
	12:00 pm	Lunch and relax time
	12:30 pm	Swim: Open water for 1 hour at Skaha Lake Focus: technique drills / pace changes
	2:00 pm	Suspension training and yoga: 45 minutes at Skaha Lake Park
	3:00 pm	Day 3 briefing with Coach Andrew
Day 3: Fri, July 15	6:00 am	Breakfast
	7:00 am	Cycle: Long for 3 to 5 hours (ie. most of IronMan course) Focus: stamina / pacing with power, heart rate and RPE feedback
	11:00 am	Run: for 40 minutes (+or-) off-the-bike
	12:00 pm	Post-workout smoothies and ice baths!
	2:00 pm	Quiet / Relax / Nap Time
	4:30 pm	Yoga and stretch: for 30 minutes at Skaha Lake Park
	7:00 pm	Group BBQ at Host Kelly's along with day 4 briefing with Coach Andrew
Day 4: Sat, July 16	6:00 am	Breakfast
	7:00 am	Swim: Open water in Okanagan Lake for 60 minutes Focus: stamina / pacing / drafting
	8:15 am	Cycle: Short for 90 minutes easy spin to Painted Rock (optional)
	10:00 am	Run: Long for 1.5 to 2 hours Focus: stamina / pacing
	1:00 pm	Thoughts on the 2022 camp, thank-yous and good-byes