



2010 SUMMER TRI CLASSES & CAMPS

CADENCE LATE SUMMER RACING CAMP

August 14th and 15th
Fernwood Resort, Bushkill, PA
Cost: \$199

If you're looking for an extra edge late in the year, join Cadence at our Late Summer Racing Camp for a final push that will leave you a few steps ahead of your competition!

Cadence's one of a kind triathlon training camp is tailored specifically towards athletes of all ages and abilities who will be targeting a late season race as their year's priority. The camp aligns perfectly with athletes who might be racing in the USAT Age Group Nationals, or one of the many late season 70.3 or Ironman events. It is also a perfect preparation for any of the exciting, end-of-the-year, sprint to long distance premier regional races.

Cadence's acclaimed coaching staff – **led by 3-time cycling Olympian and Silver Medalist, Brian Walton; and NCAA Swimming All-American and accomplished professional triathlete, Holden Comeau** – will challenge every camp participant with focused workouts and efficiency clinics. The camp will also offer a rare insider's look at this year's USAT Age Group Nationals race by **featuring the 2009 USAT National Champion, Joe Maloy**. Maloy will participate in workouts, answer specific Tuscaloosa course questions, and share with campers his experience during his 2009 preparation and race, and what he is doing this year to prepare for a return to Alabama as a pro!

Conveniently located about a 1.5 hour drive from both New York City and Philadelphia, Fernwood Resorts in the Poconos town of Bushkill, PA, is an ideal training ground for triathletes. As "base camp" for the weekend, Fernwood Resort will provide easy access to beautiful roads and trails for riding and running.

Make 2010 your strongest year ever and get an edge over your competition by joining Cadence for this wonderful training and clinic weekend.

CADENCE BRICK SERIES I AND II

Always at the forefront of the coaching industry, Cadence is proud to announce the culmination of many year's worth of refining one of the most challenging and misunderstood workouts in a triathlete's training arsenal, "The Brick".

Bricks are staple workouts for every triathlete, and variations on the Cadence Brick have brought out huge successes for our professional athletes and amateur racers alike. We are very proud to now bring them to a larger public, and each session our coaching staff will teach you the intricacies of the workout's execution, as well as challenge your physical stamina. All are welcome, and all will benefit!

The Cadence Brick Series will require a time commitment, but there is absolutely no performance prerequisite! Each class will last for 2 hours, with the exception of "The Three Hour Brick," which will be a training day lasting up to three hours. Join Cadence for these truly definitional Triathlon Classes and come away with the skill and experience to redefine your performance.

Cadence Brick Series 1

July 24th – August 7th • Cost: \$125

- "The Three Hour Brick" — Saturday, July 24th at 8am
- "The Swim/Bike Connection" — Saturday, July 31st at Noon
- "Bike/Run Sustained Threshold" — Thursday, August 5th at 5pm

Cadence Brick Series 2

Thursdays at 5pm • August 12th through August 26th • Cost: \$125

- "Bike/Run Threshold F1" — Thursday, August 12th
- "Swim/Bike Threshold F1" — Thursday, August 19th
- "Bike/Run Descending F1" — Thursday, August 26th

ESSENTIAL FREESTYLE FOR THE TRIATHLETE: TECHNIQUE

August 9th through September 13th, 2010 (6 sessions)
Mondays, 7pm-8pm • St. Joe's University Field House Pool
Cost: \$250

Once again, Cadence's Essential Freestyle for the Triathlete is back! If you've missed out in the past, sign up today for our classic swim technique class! An introductory swimming technique class best suited for beginner and intermediate leveled swimmers, Essential Freestyle course members can expect to come away with a heightened sense of confidence and skill in the water.

CALL OR SEE A CADENCE STAFF MEMBER TO SIGN UP TODAY!

CADENCE CYCLING & MULTISPORT CENTERS, LLC
4323 MAIN STREET | PHILADELPHIA, PA 19127 | 215.508.4300
1.8PRO.CADENCE | CADENCECYCLING.COM