



# COASTAL SPORTS TOURS

PERFORM YOUR BEST

## COASTAL SPORTS TOURS TRAINING CAMP

AUGUST 25 -28TH, 2016  
WRIGHTSVILLE BEACH, NC  
IMNC RACE COURSE

DON'T MISS OUT! FAMILIARIZE YOURSELF WITH AND TRAIN ON  
THE IRONMAN® NORTH CAROLINA TRIATHLON RACE  
COURSE. PREPARE FOR YOUR BEST RACE OF THE SEASON.

### CAMP INCLUDES:

- SWIM, BIKE, RUN THE RACE COURSE - COACHED AND SUPPORTED
- LECTURES, Q&A SESSIONS ON SWIM, BIKE, RUN STRATEGIES TO INCLUDE FORM, NUTRITION AND MENTAL PREPARATION.
- LIGHT BREAKFAST PROVIDED DAILY - (FRI, SAT, SUN.)
- LUNCH PROVIDED - FRIDAY AND SATURDAY
- ACCOMMODATIONS (OPTIONAL)

### COST:

- TRAINING CAMP \$385
- TRAINING CAMP WITH 3 NIGHT ACCOMMODATIONS PRIVATE \$839. SHARED ROOM \$659/ATHLETE

'ALL PROGRESS TAKES PLACE  
OUTSIDE THE COMFORT ZONE'

JUNE 23 -26 TH - COURSE TOUR.  
\$375 WITH HOMESTAY

FOR FURTHER DETAILS AND REGISTRATION  
[COASTALSPORTSTOURS@GMAIL.COM](mailto:COASTALSPORTSTOURS@GMAIL.COM)

