



Tom Robertson



THE CYCLING HOUSE
THE ULTIMATE TRAINING EXPERIENCE

JANUARY 31—FEBRUARY 5

5 nights/6 Days

\$1,795/person

www.thecyclinghouse.com

TRIATHLON CAMP WITH PRO LINSEY CORBIN

The Cycling House will be playing host to the very best triathletes, and you're invited to join. Your training partners will be pro triathletes **Linsey Corbin** and **Brendan Halpin**. Linsey started 2011 with a 1st place finish at the Pucon 70.3 in Chile and has racked up top ten finishes all year. She has her sights set on the podium at Kona this October. Pro triathlete Brendan Halpin posted top 20 finishes in all but one of his races in 2010 and has been racing well this season.

The camp will focus on cycling, but it wouldn't be a tri camp without running and swimming. So, we'll have some great trail

runs lined up and a few swim sessions on tap. After dinner you'll have the chance to get answers for all the questions you've ever had about what's the best way to fuel for an Ironman or how does one plan their season to peak at important races. Of course, all of this knowledge and hard work adds up to make you faster and more competitive come race day.

Finally, you'll get the litany of TCH services as well- like great food, fully supported rides, bike assembly, airport shuttles, and lots of fun! Come join us for a pre-Valentine's day gift to your love of sport.

Contact Owen@TheCyclingHouse.com to book your spot