

Tucson, Arizona



New 2012  
Dates: April 24  
departure

# Tucson 2012 Training Camp

Absolute Endurance

Join Absolute Endurance Training and Therapy in Tucson, Arizona! Get out in the sun and log some early miles swimming, biking and running to get a head start on your competitors; enjoy some of the best cycling in North America. Workouts will be catered to all levels of fitness and all levels of racing, and include coached workouts and group rides as well as information sessions on swimming, cycling, run technique and race transitions.

### ITINERARY

- Tue Apr 24 Arrival  
Bike: Optional spin (up to 2 hours)  
Run: Short run off the bike (optional)  
(depending on people's arrival times)
- Wed Apr 25 Swim: 3,000-4,000 yards  
Bike: Gates Pass (4-5 hours)
- Thu Apr 26 Swim: 3,000-4,000 yards  
Bike: Spanish Trail ride (5-7 hours)  
Run: Short run off the bike (optional)
- Fri Apr 27 Swim: 3,000-4,000 yards  
Bike: Mt. Lemmon Ride (5-7 hours)  
Group dinner
- Sat Apr 28 Swim: 3,000-4,000 yards (optional)  
Bike: Kitts Peak ride (5-6 hours)  
Run: Long desert run in Sabino Canyon (optional)
- Sun Apr 29 *KING OF THE LEMMON! Details to follow*
- Mon Apr 30 Departure

### INCLUDES

- 6 nights stay in condo style accommodations
- 5 days of training and coaching
- Swim workouts and tips on stroke improvement
- Support vehicle
- Fitness centre membership
- Route maps and orientation
- Daily breakfast and 1 dinner out
- Absolute Endurance gear
- Resort taxes

All workouts can be modified to suit individual needs

6 nights  
**\$1,475** \*  
per guest  
Departs Apr 24, 2012



\*CDNS, pp, quad. Additional: HST. A non-refundable deposit of \$500 is required to reserve your spot, balance due by Feb 1, 2012. Non-training camp guests are welcome, please contact Absolute Endurance for details. Return air is available to quote.

416.483.AETT (2388)  
www.absoluteendurance.com

AETT's most popular training camp...  
so we've added an extra day  
of training for 2012!!!



## ALAN CHUD

C.P.G.A., Absolute Endurance Director



Alan Chud is a golf professional, avid triathlete and marathon runner. He has been training and racing for seven years - he has many top age group finishes.

Alan has also completed three Boston Marathons, is a four time Ironman finisher and recently finished second in his category in Corner Brook Newfoundland and qualified for the Ironman 70.3 World Championships in Clearwater, Florida.

Alan's passion currently lies in health and fitness. He has been an inspiration to many up and coming runners and triathletes. He is a partner and general manager of Absolute Endurance.

## DR. CINDY LEWIS

D.C., B.Kin, A.R.T. provider, Director, Chiropractor, Personal Trainer



Cindy is a Chiropractor, Professional Triathlete, and Endurance Coach. Cindy is passionate about health and fitness and strives to help her patients and athletes as they work towards achieving their performance goals.

As a coach, Cindy puts her education together with her experience and works with clients one-on-one as well as online through daily training logs.

As an athlete herself, Cindy has achieved success in long distance triathlon, achieving numerous top finishes as an age-group athlete and now as a professional athlete in Ironman and Half Ironman distance racing.



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