



EPIC CAMP LITE – KONA 2012

Epic Camp has a long and proud history of producing unique challenges in the best locations in the world. Our Kona 2012 camp will be a modified version of the normal camps with a chance to take in some heavy training on the Kona course before tapering off a little for the Kona 70.3 race.

Join IMTalk co-host and former pro athlete John Newsom along with 1988 Hawaii Ironman World Champion and triathlon legend Scott Molina for an experience of a lifetime.

The camp will be open to athletes of all abilities and to ensure everyone gets good quality sessions we will break the athletes into groups.

There is an awesome chance to get an epic experience, see the big island, train with some likeminded athletes and tie it all in with a great race.

OVERVIEW

Coaches – John Newsom & Scott Molina

Camp content – you will get to do the ironman course in its entirety as well as some not so well known routes from Kona that are fantastic rides. We won't have a points system for this camp but will put up some little incentives to ensure there is no slacking ☺

Timing – the timing of the camp is perfect for anyone looking to peak for a mid season ironman such as CDA, Placid, Germany etc or lay the early season base for later in the year.

Support – we will have a solid support crew in place to ensure all you focus on is training and having an awesome time.

LOGISTICS

Arrivals – everyone is to arrive by Sunday 27th May with training starting on Monday
Departures – Sunday 3rd June

ACCOMMODATION

We will spend the first 4-5 nights in Kona at condo style accommodation. The rooms will be twin share

For the final 2-3 nights we will move out to the plush Mauna Lani (www.maunalani.com) which is very close to the race venue

We're just confirming some logistics and will then decide on either 2 or 3 nights at Mauna Lani.

FOOD

We will be eating out most nights (several nights will be at the famous Lava Java). Lunches will often be on the road and breakfasts will be self serve in the units. We will have some sports nutrition products but if you have your special favourites bring them along (but there are a couple of good bike shops in Kona)

CAMP FEE

The camp fee includes

- Accommodation for 7 nights
- all food
- coaching
- on road support
- transfers
- a unique epic experience

Not included

- Flights
- Entry into Kona 70.3 event

Camp fee US\$2,295

Deposit – we require a US\$750 deposit which is non refundable. The balance is required by 1st April 2012.

Payment is via Paypal or telegraphic transfer

BASIC SCHEDULE (subject to change) – Key sessions

Sunday 27th May
Arrivals

Monday 28th May
Bike - the full IM course
Pool swim with coaching

Tuesday 29th May
Run – Ali'i drive (10miles)
Swim – roughly the IM course
Bike – route tbc – it will be descent

Wednesday 30th May
Bike - 2-3hrs to race site (not on Queen K)
Swim - Race Venue - option of running at race venue as well
Bike - back to town on the Queen K stopping at energy lab
Run – Energy lab

Thursday 31st May

TBC – there will be various options today (some long some shorter)

EPIC **CAMP**

IM Talk

Coach John Newsom
.com

Friday 1st June

Bike to Mauni Lani ~1.5hrs

Optional training the rest of the day

Saturday 2nd June

70.3 Race

PM recovery session

Sunday 3rd June

Departures

For more information email John Newsom imtalkorders@gmail.com