

# “Team McGovern” Triathlon Camp

Hosted by champion triathlete and triathlon coach, John McGovern, and world-renowned coach, clinician and author, Dave McGovern.

\* All ages/ability levels welcome.

\* All inclusive! \$925 camp fee includes first-class lodging and meals, full Training Center access and testing, airport transfers, etc!

\* The “NTC Sprint Triathlon Championship” will be our “Final Exam.”

**USA National Training Center  
Clermont, FL**



**TUESDAY, JANUARY 12th  
THROUGH  
SUNDAY, JANUARY 17th, 2010**

John and Dave McGovern, and other top coaches, physiologists and bike technicians will train with you, analyze your swimming, cycling, running and/or walking technique, and lead seminars that will teach you to train more efficiently with fewer injuries.

Fees for the January camp include lodging and meals from the night of the 12th, airport transfers, access to all National Training Center facilities, physiological testing, video technique analysis, classes on training schedule design, sports psychology, weight training, Pilates, yoga, swimming, and stretching. Space in this camp is limited and will be allotted strictly on a first-come, first-served basis. We look forward to spending an enjoyable and educational week with you. Please reserve your spot as soon as possible by submitting a \$200 deposit with the registration form.

Please submit registration form and fees to:

Dave McGovern  
Team McGovern Triathlon Camp  
20 High Street  
Locust Valley, NY 11560

(845) 709-2152      [DMcG@Racewalking.org](mailto:DMcG@Racewalking.org)

The National Training Center is designed to meet the needs of all ages and all fitness levels, from local residents to Olympic athletes. The 300-acre site features a new 37,000-square-foot fitness and training center combining health, education, wellness, rehabilitation and sports science/training programs all in one convenient location. For information on NTC, visit their web site at <http://www.usantc.com/>.

I have enclosed my check or money order for \$200 to reserve my spot.

I have enclosed my check or money order for \$925\* to cover the entire cost of the camp.

Do you have a roommate preference? If so, roommate's name: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Send completed entry and check payable to Dave McGovern to: McGovern Triathlon Training Camp  
20 High Street  
Locust Valley, NY 111560

\*Private rooms available for an additional \$150



**Dave McGovern** has represented the US National Track & Field Team extensively overseas, earning berths on 18 US International teams including two USA vs Great Britain and USA vs USSR track meets, the World University Games, and six World Cup and six Pan Am Cup competitions. In his 22+ year career Dave won 14 National Championships and was the 3rd fastest 20k racewalker in US history.

Dave has coached the National Teams of Fiji, and Ghana, West Africa, and was one of the two Team USA coaches for the 2008 World Cup in Cheboksary Russia. Dave, who holds a masters degree in sport science/coaching from the United States Sports Academy, also coaches many US and Canadian National Masters Champions and record holders, and several Olympic hopefuls. He is the author of *Precision Walking*, *The Complete Guide to Racewalking Technique and Training*, and *The Complete Guide to Marathon Walking*.

Although far better known as a racewalker and racewalk coach, Dave competed in the first-ever St. Croix Triathlon in 1985, and for the past decade has coached many injured Ironman and Half-Ironman triathletes to walk faster during the run portion of their events.

Dave knows the National Training Center inside and out, taking part in US National Team training camps, and conducting his own “World Class Racewalking” camps at the facility since 2003.



**John McGovern**, USA Triathlon’s Overall Duathlete of the Year for 2004 and 2005, has been competing in triathlons since 1986 and has been a student of the sport since the days before aero bars, strapless pedals and carbon fiber bicycles. During the past 23 years, many trends have come and gone, and John has tried them all. John knows what to do and what not to do to qualify for Ironman Hawaii, win National Championships and place on the age-group podium at World Championships.

At 45, John continues to finish on the podium, having already won the overall title in three triathlons in 2009 and placing third overall at the venerable Tupper Lake Half-Ironman, recording the fastest bicycle split of 2:16:43. John’s quest for knowledge recently led him to Sweden where he spent two weeks training with and learning from Jonas Colting, Clas Bjorling and Bjorn Andersson as they cycled, ran and swam the entire 1,000-mile length of Sweden, south to north.

The creator of the American Zofingen ultra-distance duathlon, now in its 5<sup>th</sup> year, John is also the founder of Catskill Mountain Multisport, a full-service triathlon shop, authorized Cervelo dealer/, and multi-sport racing team, in New Paltz, NY.

John believes in formulating long-term goals for himself—like a podium finish at the 2010 Ironman Hawaii. Let him help you formulate and achieve your goals as well.

## Typical Schedule

**Tues.** Arrival at the National Training Center. Early arrivals may get in a workout; schedule a technique session with Dave, John and guest coaches at the track or in the pool; undergo testing by NTC staff; or arrange a bike-fit session.

**Wed.** Testing/technique/bike-fit sessions continue.

**Thurs.** Morning Brick workout on the West Orange bike trail. Technique and testing sessions continue. Technique lecture and video review. Pilates, swim, then easy afternoon recovery workout.

**Fri.** “Guess your pace” track intervals. Physiology/lactate threshold results/training lecture. Yoga, then weight training talk. Plyometric drills session. Pre-competition workout and lecture. Night out at Disney’s Boardwalk.

**Sat.** Morning workout, then visit to the Magic Kingdom or other tourism. Pre-race pasta dinner.

**Sun.** Group warm-up then sprint triathlon. Wrap-up.



**The USA National Training Center** is located in Clermont, FL, 25 minutes from Orlando’s theme parks. The Center features a 400-meter track & field complex and cross-country course; a 70-meter x 25-yard aquatic center; access to miles of bike trails and courses; a fitness center with strength and conditioning staff; fully-equipped education rooms; and state-of-the-art human performance lab and sports medicine & rehabilitation center.