

TRI-ALLIANCE LORNE WINTER TRAINING CAMP



QUESTION???	ANSWER
Can we go as social members, even if the cost is slightly more?	The camp is open to all TA Annual Members. And it is the same cost for everyone!
Do I need to take time off work?	No, you don't need to. The camp will start during the day on Friday, but you can join in after work. Monday is a public holiday, so we will make the most of it!
Being new to the camp I would like to know what the training will entail?	The camp is packed with training, seminars, and workshops – all aimed at providing you with a great base of information, training methods and a training spike to kick-start your winter training campaign.
Will I survive???	The camp is set to be challenging; pushing you past what you thought you would be capable of. We have included plenty of sessions and seminars, along with some down time. But even with this, you will get tired. At times, you will simply be exhausted. But if you can push yourself through the challenge, you will reap the rewards after the camp.
Do I have to swim?	You don't have to do anything you don't want to, but we highly recommended you participate in ALL sessions to gain the most you can from the camp. Unless your name is Les...in which case, YES...you must swim!
How much does it cost?	\$465 including accommodation (\$415 for offsite), packed timetable, open water swim/skills, seminars, workshops, breakfast, and lunch!
Will I hold people up or be in the way if I am not fast?	Absolutely not! All rides and runs are out and back and usually to time. So, athletes can simply turn when they need to, so we all arrive back at the same time. There is no need to worry about not being fast enough.
How steep is that hill?	It's a hill! It's not that steep, but it is a challenge. Set to test you on the last day. You will get up it, just one pedal stroke at a time!
Does the camp include open water swims?	Yes! We will be in the water every day. We include swims as well as a skill-based session, aimed at making you better open water swimmers!

CAMP FEEDBACK

What was your biggest achievement / What are you most proud of?

- Cycling downhill in the wet conditions on the last day was horrendous... to get through that felt very good.
- 50+ km bike ride on Saturday and the climb up Benny's on Monday.
- To make it to Apollo Bay and back TWICE
- Smashing it up Benwerrin in the time trial after 4 non-stop days of training
- Cycling and running those distances
- The pier to pub swim
- Pacing myself at the start of the weekend and then being able to do my longest ride ever.
- Sharing in the group success at the top of Benwerrin!
- The ability to push my perception of my training limits and abilities with a weekend block of solid training.
- Getting back into training after a long period off
- Swim 1100m in open cold water

What was your biggest take-away / ah-hah moment from camp?

- From really strong athletes down to not as strong we all have the same fears/challenges
- Nutrition and the power of Yet.
- How great it was to see everyone support one another and the whole team complete the Hill climb on Monday together.
- I need to invest significant time in my swimming training through the winter.
- Triathletes are the best people!
- That I could climb Benny's on the big chain thanks to Michelle!
- I need to believe and have confidence in myself that I can achieve challenges I set my mind to. Not to use my fears to stop me.
- Learning about fixed and growth mindset.
- Learning versus performance zone and how decided to train in the learning zone enables me to enjoy it more and learn be inspired by more experienced and consistent athletes rather than beat myself up about it.
- The little tips and tricks I picked up from various coaches and athletes throughout the whole trip across all facets.
- Learning to engage my glutes on hills - now I love hills.

Any overall feedback for the Winter camp?

- Wow what an amazing experience. I cried, I hugged, I helped people out and I was helped out. On the rainy-day others, at different times, all gave up part of their session to stay with me and help me. What a team, I walked away feeling so completely part of the group and so accepted.
- I found the camp to be rewarding and challenging and a great way to get to know everyone.
- Amazing experience, so much fun and got so much benefit out of it, very well run, and put together.
- Brilliantly managed. Well done! The packing list was extremely useful. I was expecting a bit more variety in the running and riding routes, but the routes that were chosen were amazing.
- It was a great camp and achieved what it set out to do - will definitely be recommending it to everyone.
- It was such a great group and an intense but rewarding experience. The coaches were great, it was nice to have them spread out amongst the different levels so you could get some feedback/guidance. I learnt lots over the weekend and can see the benefit it will have in my training. You can tell that it was very well planned, organized and lots of effort was put in to make it the best experience we could have. I would definitely recommend it to others.
- A truly special weekend from the get-go. The coaches were all incredible and offered so much support and interest to all. I particularly admired how inclusive the camp was in that there was a place for all athletes to engage enjoy and learn a lot. Superb thank you very memorable weekend with an exceptional bunch.
- A terrific and well executed experience that catered for all athlete levels.
- Just awesome and I seriously cannot wait for the next - when can I book??