



No Limits Hawaii 70.3 Training Camp



Hello fellow campers, here is some information for our upcoming camp.

Athletes attending:

1. Jeff Binda
2. Kent Tilley
3. Tim Ryan
4. Claire Rolph
5. Richard Jansen
6. Linda Page
7. Jonah Popoff
8. Laurie D'Entremont
9. Mike DeLuca
10. Sharla Howard

Coach:

Todd Malcolm



Van Rentals

Todd will rent a Van. In a van we can take 3 bike boxes + 2 – 3 passengers
In previous years all those in a van split the rental cost. **We will need more vehicles.**



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Camp Nutrition

Hammer nutrition will be provided at the camp.

Each person will receive 2 tubes of Fizz and a water bottle.

The powder for the rides will be HEED and Perpetuem.

There will also be Hammer gel available.

I **strongly** recommend that you bring your own nutrition so that you will have enough nutrition for each ride during the camp.





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Saturday May 22:

For those arriving on Saturday I have already booked a room for myself at the [Kona Seaside Hotel](#). This is a very affordable hotel that is close to downtown (or the beach) in Kailua Kona. Some are also staying at the King Kam.

Sunday May 23 (Camp day 0):

30-45 min Swim from the pier (where Ironman Hawaii takes place).

45-60 min run along Alii drive.

Breakfast.

After breakfast and check-out we drive to the bike store (Bike Works) for supplies and shopping. Following this we will drive to our rental house.

We can check in to our house at 3pm (hoping for earlier) and check out is 11:00am on May 31.

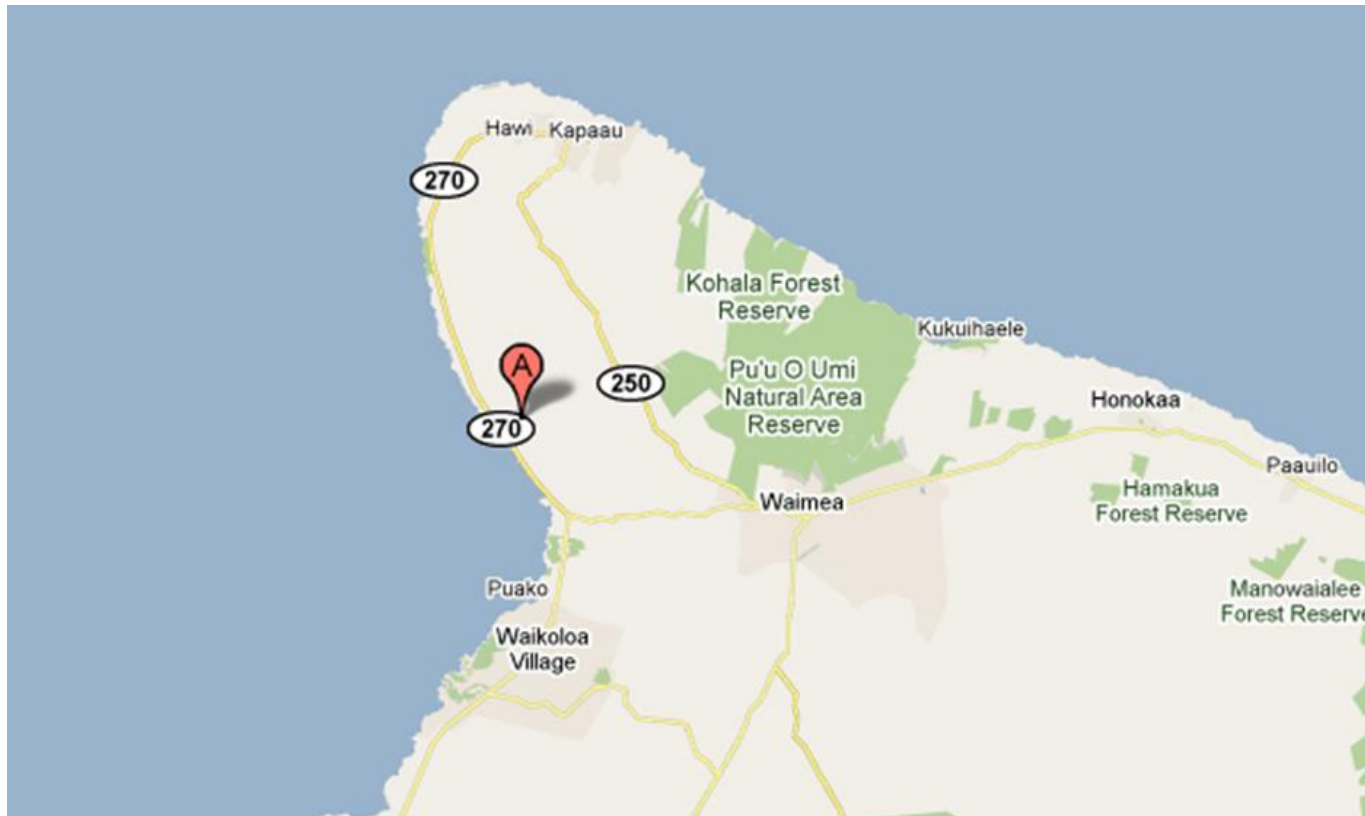


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Where is the house? *59-393 Iliahi Pl, Kamuela, HI, 96743*

The house is located about 11 min from Hapuna Beach (race start) and about 1 hour from the airport and 1 hr 15 from Kailua Kona.





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Meals (tentative plan)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
-cereal -bagels -eggs -bacon -fruit	Similar	Similar	Similar	Similar	Similar	Similar
Sandwiches Soups	Sandwiches Soups	Lunch in Waimea (Fish Tacos, other)	Sandwiches Soups	Lunch at the Lava Lava Beach Club	Gels	
BBQ -steak -chicken -burgers	BBQ -Fish	Quesadillas -chicken -Veggie	Spagetti	Light pasta meal	House Choice	Lava lava or in Kailua Kona



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I will make a grocery list based on the above plan and we will get groceries Sunday. Please let me know if there is something that you would like or have allergies to. Last camp many went to the grocery store together and did the shopping. This made the shopping go by much faster as we split up the shopping list. Keep this in mind and let me know if you wish to help out in this area. Please note that I will not be buying alcohol for the group. If this is something you would like to have please purchase separately.

Cooking / Meals Each day we will be making a group meals. Please send me ideas of meals that you would like. Ideally we would have each person pick a meal and send me the ingredients and recipe so that I can add to the shopping list.

Some of you are great cooks. Others maybe not. Let's alternate each day and pitch in with the cooking and cleaning. If you are especially good at cooking a meal and would like to do that please let me know. If you like to BBQ maybe that day would be for you. Last camp we had plenty of food and the meals were fantastic.



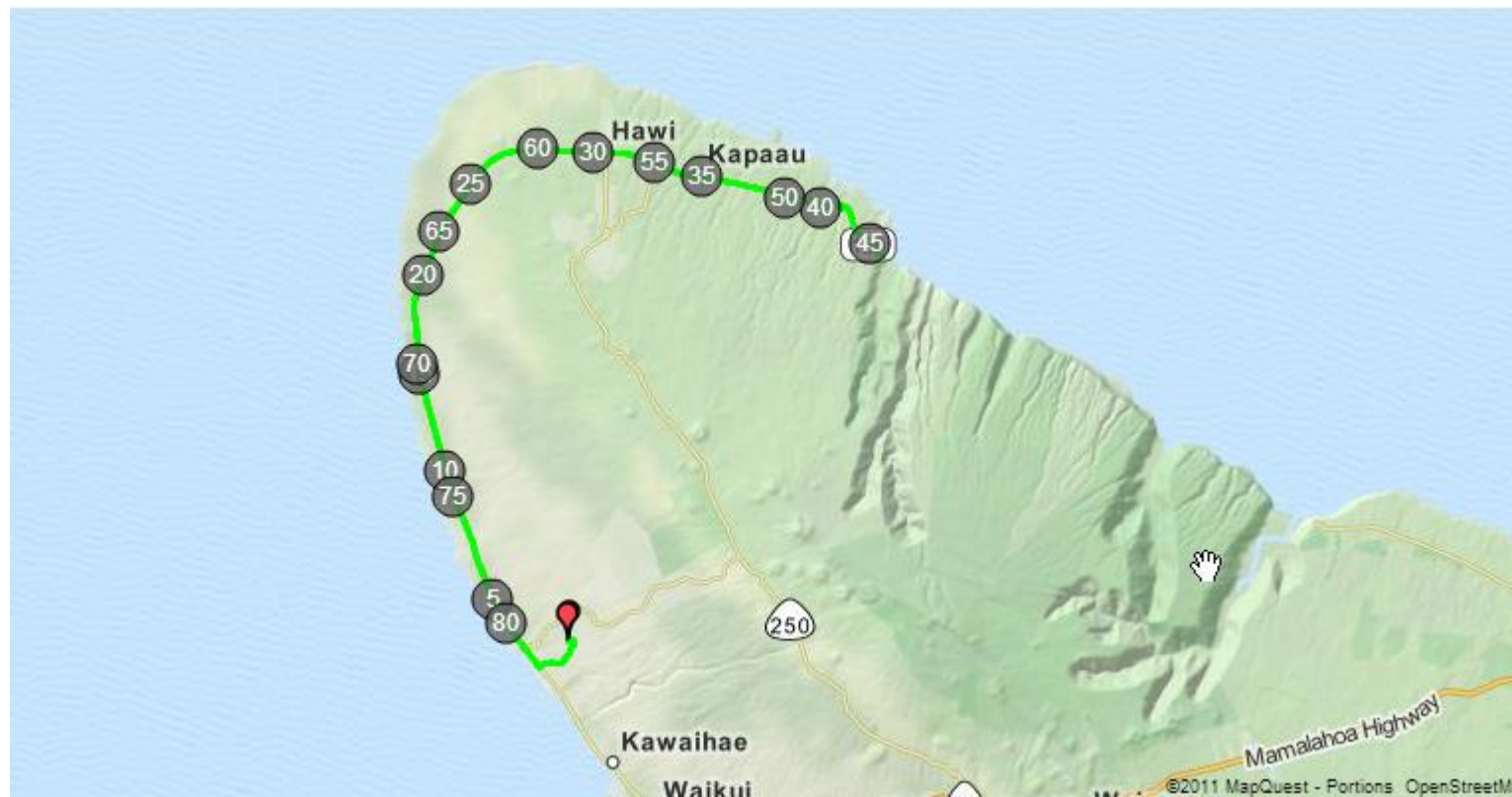
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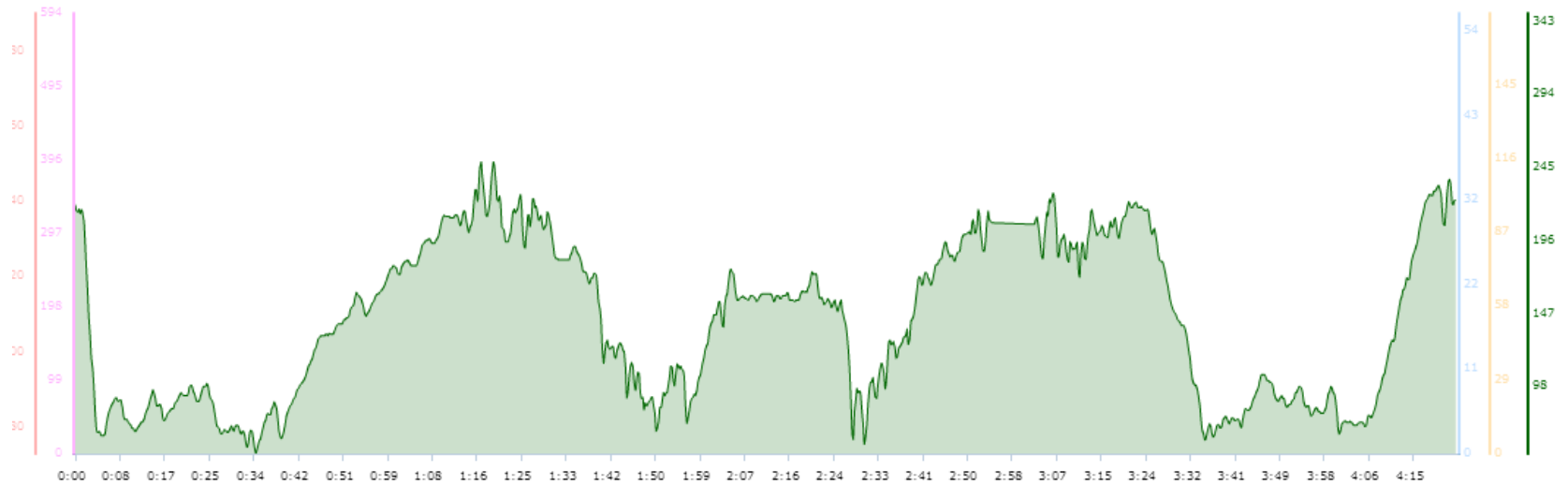


Tentative training plan for the week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
swim (ocean) 60 min	swim (ocean) 60 min	swim (ocean) 60 min	swim (ocean) 45 min	swim (ocean) 20 min	70.3 Race	Travel home
Bike Hawi 90 Km	Bike Waipio Valley 3300 feet	Bike Kohala Mtn Rd Or other ??	Bike Queen K (South) 40 – 75km	Bike (Easy) 45 min		
Run Tempo 45-60 min	Run Easy	Run LSD 45 - 90	Run Fartlek 30 min	Bike to run Gear check in 1:30-2:30 Bike check in 1:00 – 5:30		
Bike Repair & Nutrition			Race Planning	Q & A		

- Ride 1: From House to Hawi to Pololu lookout





Mon, 05/27/13 **pololu lookout** [X]

Bike [v] File Uploaded [x] Map & Graph [x] Reports [x]

Start Time [v]

5 AM
6 AM
7 AM
8 AM
9 AM
10 AM
11 AM
12 PM
1 PM
2 PM
3 PM
4 PM
5 PM
6 PM
7 PM
8 PM
9 PM
10 PM

Summary Exercises & Intervals HR zones More

Completed

Description

Duration 4:23:20 h:m:s

Distance 83.32 km

Speed 19.0 kph

Calories 2956 kcal

Gain 1335 m

swimTSS 5089.5 ?

IF 2.28 ?

Energy 2956 kj

Min/Avg/Max

HR 83 140 182 BPM

Power 183 594

Pre-activity comments

Post-activity comments

Hotmail Todd Malcolm Wed, 05/29/13

Timex Global Trainer
Stop Time: 00:00:00
Avg Ascent: 8 m/min
Avg Descent: 9 m/min
CAL/HR: 673

Enter a new comment

Options Delete Apply Save & Close



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What to bring?

<u>Swim</u>	<u>Bike Gear</u>	<u>Run gear</u>	<u>Other</u>
Swim suit	Bike	Run shoes	Drink powder
Goggles	Shoes	Socks	Gels
Towel	Computer	Sunscreen	Salt tablets
Antifog	Water bottles 3-4	Hat	Passport
Anti chaffing cream	Spare tubes	Band aids	Maps
Beach towel	Patch kit	Tights	
Sun Screen	C02 adapter	HR monitor	
Sun burn cream	Helmet	Race belt	
	Pedals	Race towel	
	Gloves	Run shorts	
	Arm warmers	Sun glasses	
	Vest		
	Jacket		
	Gel flasks		
	Shorts		
	Jerseys		
	Bike tools		
	Pump		
	Tweezers (for possible thorns)		



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Please note that I will bring some bike tools. Hex wrenches, torque wrench, pedal wrench. Everyone should have a repair kit on their bike so that they can fix a flat if needed. Items to have in kit: Spare tube, tire levers, tweezers, basic allen wrenches, and a patch kit. We will need to buy CO2 once in Hawaii as we are not allowed to carry them on the airplane.

***** The use of deep aero wheels for this camp is not recommended due to the potential high crosswinds in the surrounding area *****

***** Make sure that your brake pads are in very good condition and consider replacing your current brake pads with new ones as we will be going down some steep descents*****

***** Please have your biked equipped to carry **3 water bottles at a time**. This may mean carrying 1-2 behind the seat and 1 on your aero bars *****

***** Your bike must be in good working condition. Please tune up before the trip*****

***** If you are renting a bike I suggest bringing your shoes, pedals, saddle and bike fit coordinates*****



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Please add my contact information to your phone.

I am very much looking forward to the camp!
Please let me know you have any questions.

Mahalo

Todd Malcolm

403-990-0523

todd@nolimitstriathlon.com

