



World Leading Experts – World Class Environments

## 2 DAY TRISCAPE SWIM RETREAT with Olympians Keri-anne & David

Tiburon Peninsula Club  
September 9 - 10, 2016

Swim Retreat

[hello@Triscape.me](mailto:hello@Triscape.me)



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Olympians Keri-anne Payne and David Carry founded Triscape to share their knowledge, experiences and passion for inspiring and enabling Healthy and Active Lifestyles in World Class Environments.

Triscape take their team of World Leading Experts to Luxury Resorts & World Class Events so that you can make and maintain transformational changes to your sporting performance.

The Triscape Camp at Tiburon Peninsula Club offers a small group the opportunity to train with World Leading Expert and Double World Champion, Keri-anne Payne and International coach and 3x Olympian David Carry in preparation for open water swimming and triathlon events.





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# Swimming can be hard. We make it easy!

Triscape experts coach you  
to coach yourself

Educate

We give you the information you need  
so you understand your motivations.

Coach

We coach you  
so you learn and maintain your own solutions

Commit

We're here for the long term  
so you maintain & sustain your improvements

## What can you expect to gain from your Retreat?



### Swimming

- Increase in swimming efficiency
- Exercises to prevent injuries and enhance swimming



### Fitness

- A personal plan to improve your fitness
- Activities to improve health & wellbeing
- Exercises designed to improve you



### Nutrition

- How to use nutrition to enhance your life
- How to enhance your personal psychology and apply everyday
- How to meal plan effectively

## Triscape Fitness Retreat

Tiburon Peninsula Club

**September 9-10, 2016**





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## Tiburon Peninsula Club

Swimming  
Analysis

Open Water  
Coaching

Performance  
Nutrition

### Triscape Retreat includes:

#### Swimming:

- 2x Performance Technique Pool Session
- 2x Open Water Skills Sessions

#### Masterclasses:

- Psychology of Motivation by David
- Performance Nutrition demonstration by Keri-anne
- Performance Planning with David

#### Each individual will receive:

- Triscape Safe-swim goodie bag
- Personalised video analysis and feedback session
- Support to write Post-camp training plan

\$750 per person



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## Overview of Triscape Camp

	Friday	Saturday
9am	Meet at Tiburon Peninsula Club	
9.30am - 10.30am	Yoga inspired stretch and warm up Healthy, Nutritious breakfast	
11am - 12noon	Swimming Technique or Gym based workout	Open Water Skills or Paddle boarding
12.30pm - 1.30pm	Performance Nutrition Demo & Lunch	
2pm - 3pm	Swim analysis or Yoga	Swim analysis or Nature Reserve Explore
3pm - 4.30pm	Plan like an Olympian	Olympian Talk



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## The Triscape Team



**David Carry**  
Triscape Founder.  
Triple Olympian.  
Executive Business  
Coach



**Keri-anne Payne**  
Triscape Founder.  
Open Water &  
Performance Nutrition  
Expert





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To confirm your place, contact

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