

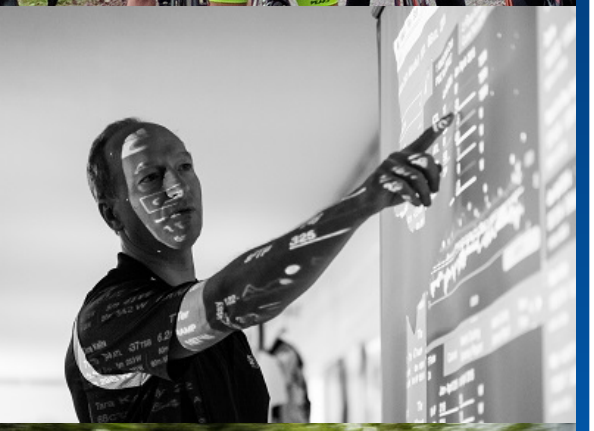





HUNTER ALLEN
PEAKS COACHING GROUP

2018 Blue Ridge Spring
Power Training Camp

PCG Headquarters, Bedford, VA

April 22nd - 27th, 2018



- **Ride with Hunter & PCG Coaches** - work on skills & strategy
- **Power Education** - post ride power file analysis & discussion
- **Sprint & Team Race Day** - learn great sprint position & race strategy
- **Long Ride Day** - Challenge yourself with a long ride of 95 miles
- **PowerTap Demo** - demo a power meter & learn about the technology
- **All Inclusive Camp** - coaching, seminar education, lodging & food, mechanical support & more!

Looking for a spring cycling camp to really challenge yourself, get in some great base miles, and learn power from the guy who wrote the book on power, Hunter Allen? Well, we have the cycling camp for YOU!

The goal of this cycling camp is to focus on improving your ride skills and techniques as well as race tactics and strategy. The beautiful Blue Ridge Mountains are the perfect place for a spring cycling training camp with awesome climbing opportunities, quiet country roads for race scenarios, and it's the hometown of the Peaks Coaching Group Headquarters. You will receive daily on-the-road coaching from Hunter and our Coaches, and post ride power analysis and power training that will help improve your training all season long.

Camp type:
Road cycling (mountain bikers and triathletes are welcome)
Endurance and mid-intensity paced rides
30-95 miles of daily riding with two pace groups
Daily education seminars, power file reviews, and advanced learning

Who should attend: Competitive recreational cyclists and above
Riders seeking performance improvement in a gran fondo, event, or category racing
Riders able to ride for extended periods of time at 16mph and above

Cost:
Double Occupancy: $1,895
Single Occupancy(upgrade): Additional $190
Alumni Campers: $100 Discount

Visit our website for more details and to sign-up!!!

info@peakscoachinggroup.com **www.peakscoachinggroup.com/springcamp** **540-587-9025**