

PERFORMANCE CYCLING CAMP

Immerse yourself in Cambridge, the Home of Champions and experience the high performing environment and world class training grounds where Olympians and World Champions choose to do their work.

Take your cycling to the next level with three days of great riding and insights from some of the best in the business.

HERE'S WHAT TO EXPECT:

- Ride with Georgia Perry, winner of Haute Route Pyrenees 2019
- Dollars versus Speed analysis with SpeedTheory
- Hear from a former pro-cyclist
- Nutrition and Cooking Class with Lillian Morton
- Mechanics and Training Tips with coach Alex Heaney
- Ride on the World Class velodrome
- Yoga and stretching for Cycling
- Ride on some of the best cycling routes and roads in NZ

We'll fuel you up and provide you with 2 night's accommodation at the purpose-built Podium Lodge.

DATE:

- 22nd, 23rd and 24th November 2019
- 12 noon Friday - 3pm Sunday

COST:

- \$599 per person

*Minimum number for camp to run is 10 participants.
To be confirmed by Monday 11th November 2019*



ENQUIRIES TO SARAH ULMER

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 @podiumlodge

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 **PODIUM
EXPERIENCES**