

Blake Becker Ironman Training Camp

This camp is designed to give athletes a fully supported training weekend on the Ironman Wisconsin race course. Athletes will spend valuable time gaining experience and learning the ins and outs of Ironman racing. Outside of training, the athlete will listen to guest speakers, pick up free gear and get all their long course racing questions answered. This camp is geared toward the athlete and is perfect racers of all abilities.

August 6-8, 2010

- Camp Cost: \$400

- Camp is fully supported & all inclusive less transportation and lodging. -
 - Designed for athletes competing in a late season Ironman. -
 - Guest speakers to talk about training, recovery and nutrition. -
 - Athletes will train on the Ironman Wisconsin race course. -
 - Camp will be limited to 12 athletes. -

**CONTACT BLAKE AT 608.219.7447 OR EMAIL AT blakebeck@gmail.com
WITH QUESTIONS OR TO RESERVE YOUR SLOT**

BLAKE BECKER MULTISPORT COACHING LLC

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