



REGISTRATION

PEAK ATHLETES:

Register by 12/15/09 \$225.00
Register by 1/15/09 \$250.00
Register After 1/15/09 \$275.00

ALASKA TRI CLUB MEMBER:

Register by 12/15/09 \$250.00
Register by 1/15/09 \$275.00
Register after 1/15/09 \$300.00

ALL OTHER PARTICIPANTS:

Register by 12/15/09 \$275.00
Register by 1/15/09 \$300.00
Register after 1/15/09 \$325.00

NAME: _____
BILLING ADDRESS: _____

Credit Card # _____
Exp Date: _____
CID Code: _____
AMOUNT YOU ARE PAYING: _____
Email address: _____

MAIL TO:
Peak Centre For Human Performance
PEAK Center Alaska, LLC
1000 O'Malley Road, Ste 104
Anchorage, Alaska 99515

Ed McNeely, M.Sc

Ed received his Masters degree in Exercise physiology from the University of Ottawa in 1994 and has been involved in the strength and conditioning industry for 18 years. He has been a consultant to 17 Canadian National and professional sports teams, training 31 Olympic medalists.

Rebecca McKee

Rebecca is the owner of the only Peak Center in the U.S. located in Anchorage, Alaska. She is a competitive triathlete, runner and cyclist and is very active in the Anchorage sports community and Alaska as a whole. She is a member of the National Strength and Conditioning Association

Mark McArthur

Mark is one of a handful of fellows of the American Swimming Coaches Association. He has been involved in competitive swimming since 1977 and has 16 Top National rankings and is a NCAA All American in the mile and 400 IM. Mark has been coaching since 1989 and has worked with several Olympians. Mark is the owner of Aqua Tech Prep in Anchorage, AK.

Tenille Hoogland

Tenille is an Elite Triathlete and a Peak Centre Athlete! She is a consistent top 10 finisher and finished 7th at the ITU Pan-America Cup/ Nationals. Tenille is based out of Ottawa and is working towards qualifying for the Canadian Triathlon 2012 Olympic Team.



Dr. Nancy Fitzgerald, Chiropractor, A.R.T.

Nancy is an owner at Makai Chiropractic located in Kona. She is certified in Active Release Techniques and volunteers each year for the Hawaii Ironman.

Peak Center Alaska, LLC Hawaii Training Camp



BIG ISLAND, HAWAII
MARCH 2010

March 4 & 5, 2010 in Anchorage
March 23, 24, 25, 2010 in Hawaii

Peak Center Alaska is excited to announce our 2010 Hawaii Training Camp which will focus on Open Water Swimming, Physiological monitoring for Peak Performance, Nutrient Timing for Optimal Recovery and Regeneration, Strength Training for Endurance Athletes, The Perfect Transition, Active Release Technique, Course Previews and more!

Join Peak Center's Ed McNeely and Rebecca McKee, ATP's Mark McArthur, Elite Triathlete Tenille Hoogland and the Big Island's own Nancy Fitzgerald, Chiropractor, A.R.T. on the Big Island, Hawaii for three days focused on improving YOU!



Tel: 907.301.5969
Email: rmckee@peakcenterak.com

Schedule Overview:

March 4th In Anchorage
TBD - 6pm Classroom Open Water

March 5th in Anchorage
5:30pm UAA Pool

March 23rd in Hawaii
7:00am A-Bay - Swim Course Preview - ATP
8:30am Transitions - Peak Session
9:15am Bike Course Preview
1:00pm A-Bay - Peak Session

March 24th in Hawaii
7:00am Kona Pier -ATP
10:30am Active Release - Makai
2:00pm A-Bay - Peak Session

March 25th in Hawaii
7:00am Hapuna - ATP
9:00am A-Bay Transitions - Peak Session
9:45am Run Course Preview
1:00pm A-Bay - Peak Session

MARCH 4, 2010

In Class Open Water

As land creatures it is unrealistic to think we can jump into an unnatural environment such as a pool, lake or ocean and swim efficiently without making changes. The first and most important change in successfully dealing with the aquatic environment is posture. The class room session will focus on proper aquatic posture, balance as well as core rotation.

MARCH 5, 2010

Open Water @ UAA

The pool session is where participants will begin to apply the proper aquatic posture through drills that you will learn and can continue to do on your own. This session will also establish the building blocks of proper freestyle technique and will include core rotation and timing drills that you can also continue doing on your own after the session, as well as sighting, buoy approach, and positioning in the water.

DAY 1: MARCH 23, 2010

Open Water @ A-BAY

Meeting at the Lavaman Race Venue, The swim sessions in Hawaii will build on the aquatic posture, balance, core rotation and proper timing of the rotation vs. pull. Highlights will be techniques to help athletes sighting, swimming in groups during open water competition, rounding buoys and beach exits.

After the swim session Tenille Hoogland will discuss tips and strategies for a successful swim to bike transition. The group will then preview the Lavaman bike course.

Physiological Monitoring for Peak Performance

Training is hard work, you invest a lot of time, money and effort into reaching your performance goals. Taking a scientific approach to planning and monitoring your training will ensure that your efforts pay off. Whether it is determining individualized training zones, monitoring how much you are improving, planning training and race day fueling or monitoring changes in technique through efficiency measures everyone can benefit from the precision a physiological

DAY 2: MARCH 24, 2010

Open Water @ Kona

Meeting at the World famous Kona Pier home to the Hawaii Ironman® swim venue. Today's focus will be swimming in groups, how to draft and how to make passes as well as rounding buoys.

Active Release in Kona

Spend time with Nancy Fitzgerald learning about the state of the art soft tissue system / movement based massage technique that treats problems with muscles, tendons, ligaments, fascia and nerves. A.R.T. is recognized by the Ironman organization and is used at all of their venues.

Nutrient Timing for Optimal Recovery and Regeneration

Eating well is not enough. If you want to maximize your performance, when you eat is as or more important than what you eat. Nutrient timing affects all aspects of recovery from glycogen repletion to rebuilding of damaged muscles. Without the right nutrients at the right time you may be wasting a lot of training time. This lecture will cover the nutritional requirements of the four critical nutrition time periods for an endurance athlete; first thing in the morning, 60 minutes before exercise, during exercise and the 30 minute recovery period immediately after exercise.

DAY 3: MARCH 25, 2010

Open Water—Hapuna

Meeting Hapuna Beach where the Hawaii 70.3 Swim Venue is held the group will continue to practice the skills learned to this point, but will also learn skills on how to deal with different types of “water” as Hapuna offers a variety of swimming conditions.

After the swim session, meeting back at A-Bay, Tenille Hoogland will discuss tips and strategies for a successful bike to run transition. The group will then preview the Lavaman run course.

Strength Training for Endurance Athletes

Strength training is one of the most overlooked parts of an endurance athletes program yet recent research has shown that replacing some endurance time with strength training improves performance more than the endurance work alone. This talk will discuss the role of strength training in performance and injury prevention for endurance athletes. A special emphasis will be given to the role of endurance training in improving efficiency and peak power, two factors that are emerging as major limiters to performance.