

Blueshift Multisport

Winter Training Camp

Feb. 21-28, 2010



Mission Inn Resort

Howey-In-The-Hills, FL



 **Register Now**

[Blueshift Multisport Winter Training Camp on Active.com](http://BlueshiftMultisportWinterTrainingCamp.on.Active.com)

BIG Training for Endurance Athletes

Blueshift Multisport Winter Training Camp

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I. Introduction

a. Welcome!

Thanks for your participation in the Blueshift Multisport Winter Training Camp! We have assembled a fantastic lineup of training and logistical support so that you can enjoy your time cycling and running in the warm Florida sunshine. It is our sincere hope that you can train hard, learn a lot, make new friends, and find comfort in the beautiful resort we will call home for a week. Your ideas and suggestions will be used to make the Winter Training Camp a better experience for everyone.

b. Training Camp Philosophy & Objectives



When executed carefully, a high volume block of training can dramatically lift your fitness. The key is to push beyond your limits using the proper frequency, intensity, and daily recovery techniques such that you bring about positive physiological adaptations in the 1-2 recovery weeks following the camp. It's one thing to dig yourself into a hole; it takes knowledge and experience to understand the dimensions of the hole and what it takes to get out of it feeling stronger and faster for it. What better place to put your early season miles down on the road than in the warm Florida sunshine!

If you study the training schedule for a moment, you'll notice that more bike & run training is available than most athletes can handle safely. No one is expected to do the entire training schedule as presented. Everyone has his/her own unique abilities to handle training loads. You are always to use your own good judgment, and consult with Coach Matt, as the stress of the training begins to build during the week. You are free to opt in, modify, or opt out of a workout at any time. If you don't take at least 1-2 sessions off to enjoy the Mission Inn Resort and local attractions, you'll be missing a lot! Let Coach Matt guide you through the training each day such that you get the best experience possible and reap the rewards of your hard work. Oftentimes, less is more.

Athletes who have been training consistently for 5-10 hours per week for at least 6 weeks prior should be ready for the winter training camp experience. If you are just getting over an injury of any kind, or have suffered from overtraining in the past, this camp may not be well suited for you.

c. **Meet the Coach**



Matt Giunta is a passionate endurance athlete, teacher, engineer, and USAT Certified Coach. His journey into the world of multisport started over 10 years ago.

Since then, Matt has raced in dozens of endurance events covering all distances. As a graduate student at CU-Boulder, he logged countless miles in the Rocky Mountains, sometimes tagging along with the pros on their training rides.



As a self-coached athlete and endurance junkie, he lowered his Ironman PR from 12:35 to 10:46. Now an experienced full-time coach and 8-time Ironman finisher on a quest for Kona, Matt enjoys helping athletes across the ability spectrum achieve new levels of performance. Matt is a professional student of the sport, employing the latest training methods and advanced technology to get results.

Coach Matt is a veteran when it comes to executing high volume training camps. We are proud to offer you this camp as a USAT Sanctioned Event. In recent years, he has both completed and served on the support crews of several Ironman training camps and the Tour of California. He has also directed the [Blueshift Multisport Timberman Training Camp](#) in Gilford, NH for 3 years and counting. Now it's time to put his experience to work for you!

II. Contact Info

a. Matt Giunta

Mobile Phone: (617) 816-9040

Home Phone: (617) 262-0266

matt@blueshiftmultisport.com

Blueshift Multisport, LLC

www.blueshiftmultisport.com

128 W. Concord St. #3

Boston, MA 02118

b. Mission Inn Resort

10400 County Road 48

Howey-in-the-Hills, FL 34737

www.missioninnresort.com

Resort Front Desk

Tel. (352) 324-3101

Fax (352) 324-2636

frontoffice@missioninnresort.com

Reservations

Tel. (800) 874-9053

Fax (352) 324-2636

reservations@missioninnresort.com

Golf Pro Shop

Tel. (352) 324-2024, ext 7275

Tel. (352) 324-3885, tee times

Tel. (407) 886-6000, tee times - toll free from Orlando

Fax (352) 324-4199

golf@missioninnresort.com



III. Medical Emergency Info

a. Emergency Action Plan

In the event of any roadside emergency:

1. Call EMS immediately @ 9-1-1.
2. Call Coach Matt @ 617-816-9040 (mobile).
3. Call Mission Inn Resort Front Desk @ 352-324-3101.
4. Sag support van gathers all athletes.
5. Sag support van returns to Mission Inn Resort.
6. Athlete's emergency contact person is notified.



b. Local & Regional Hospitals (Distance from Mission Inn Resort)

i. Florida Hospital

Waterman (8.9mi)
1000 Waterman Way
Tavares, FL 32778
(352) 253-3333
<http://www.fhwat.org>

iii. Leesburg Regional

Medical Center (11.8mi)
600 E. Dixie Ave.
Leesburg, FL 34748
(352) 323-5762
<http://www.leesburgregional.org>

ii. South Lake Hospital

(17.1mi)
1099 Citrus Tower Blvd.
Clermont, FL 34711
(352) 394-4071
<http://www.southlakehospital.com>

IV. Local Area Info

a. Weather & Climate

- i. Feb/March Average High = 75° F, Average Low = 45° F
- ii. Rainfall < 0.25"

b. Resort Amenities

- i. Golf – 36 Championship holes, driving range
- ii. Fitness Center with weights (free & machines) and cardio
- iii. Pool, hydro-spa, shuffleboard
- iv. Billiards, game room, basketball court, trap & skeet range
- v. For family & kids: bicycle rentals, playground, catch & release fishing
- vi. ****NOTE**** Childcare is available on a limited basis at very reasonable rates. Please call the reservations desk for details.

c. Training Camp Maps

- i. Check out the well-established training rides and local resources on our [Winter Camp Google Map](#).



V. Packing Tips

a. Bike Transport

- i. If you would like to ship your bike via UPS or FedEx, please use the following address:

Mission Inn Resort & Club
Attn: Matt Giunta – Blueshift Multisport
10400 County Road 48
Howey-In-The-Hills, FL 34737

We will retrieve your bike for you, bring it to your condo, and attempt to do some initial unpacking & setup if you so desire.

b. PowerTap Wheel Rental Program

- i. For just \$129, you may opt-in to rent a complete wireless PowerTap system from [Fast:Splits](#) in Newton, MA. A 10-minute swap of your gearing and computer mount and you'll be tearing up the roads as a data collecting machine. If you've always wondered what power-based training & racing could do for you, this is a fantastic deal not to be missed. Caution: You will get hooked!! Please contact [Coach Matt](#) for details.



VI. Arrival & Ground Transportation

a. Orlando International Airport (MCO) ↔ Mission Inn Resort

- i. Once all campers have registered and flight information has been gathered, we will arrange for a private car service to transfer you (plus your bike and gear) from the Orlando Airport to the Mission Inn Resort. We will attempt to minimize waiting times and combine trips when possible. 3-4 cars will be available throughout the day when you arrive on Sunday, Feb 21, 2010. This service is provided as part of your registration fee. Your return trip on Sunday, Feb 28 is also included.



VII. Meals

a. Grocery shopping & Meal Preparation

- i. We will keep the kitchens in the condos well-stocked with your favorite foods throughout the camp. Shopping lists will be generated with athlete input.
- ii. Campers will be expected to prepare their own meals and clean up. However, there will likely be much cooperation and group meal planning, especially for dinners.
- iii. Meals are also available at the Mission Inn Resort restaurant. They have a fantastic brunch buffet! (Not included)
- iv. Depending on interest, athletes may elect to visit an offsite restaurant in the area for dinner at their own expense. Transportation will be provided by one of the Training Camp Staff in the sag support van.



VIII. Training Camp Schedule (subject to change based on weather, road conditions, etc.)

Time	Sun 2/21	Mon 2/22	Tue 2/23	Wed 2/24	Thu 2/25	Fri 2/26	Sat 2/27	Sun 2/28
8:00am	Arrival	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Departure
9:00am		Pumpkin Hill Ride – 45mi w/ tempo & paceline work	90' EZ Ride	GFT Long Ride	30' EZ Run	90' EZ Ride	Horrible 100 Long Ride	45' EZ Run
10:00am			Run clinic video review		Yoga Core/Stretch			Final Packing
11:00am			Lunch		Lunch	Lunch		Lunch
12:00pm	Car Service 1	Lunch	Lunch		Lunch	Lunch		Car Service 1 & 2
1:00pm								
2:00pm		Run clinic w/ video	75' Tempo Run 4x1mi	3hr Hill ride featuring Buckhill Rd & Sugarloaf Mtn.	2hr Long Run	Seminar <i>Building a Successful Season</i>	Totals Bike = 21.5hr Run = 6hr	
3:00pm	Car Service 2							
4:00pm								
5:00pm			CT SpinScan Sessions	CT SpinScan Sessions	CT SpinScan Sessions			CT SpinScan Sessions
6:00pm	Car Service 3	Dinner Seminar <i>The Mental Game</i> with Executive Coach Cynthia Dow						
7:00pm			Dinner	Dinner	Dinner	Dinner	Dinner	
8:00pm								
9:00pm	Car Service 4						Pack up bikes & gear	



IX. Seminars & Clinics

a. Run Technique Clinic with Video

Coach Matt will guide you through a series of drills and sensory experiences that will improve your posture, lighten your stride, and reduce your chances for injury. Athletes will be recorded on video before & after the clinic for review.

b. Triathlon: The *Mental Game* with Executive Coach Cynthia Dow

This fun 3-hour workshop over dinner will have you holistically assess the key aspects of your sport preparation and performance (such as nutrition, race execution, fitness level, sport-life balance, rest, etc.), and develop powerful new mindsets that will take your preparation and performance to the next level. Executive coach Cynthia Dow coaches and consults with executives and professionals on achieving their very best in all aspects of their life. Her clients include senior professionals with big athletic goals as well as busy working parents seeking more balance and personal fulfillment. She is a triathlete and marathoner who picked up the sports three years ago when her third child was nine months old. She is currently training for the Lake Placid Ironman. You can learn more at www.meritagecoaching.com.



c. CompuTrainer SpinScan Sessions

Each athlete will participate in a customized 1-hour session on the CompuTrainer system. Available ride possibilities include: Threshold testing for power & HR, SpinScan pedal technique analysis, Real Course Videos, Pacing, Bike fit, and more!



d. *Building a Successful Season*

Upon completion of a high-volume training camp, how do you go about setting up your peak performance for the rest of the 2010 season? Coach Matt shares his experience as both coach and athlete to help you find success. For athletes familiar with power-based training, the next step is to understand the *Performance Manager Chart* in TrainingPeaks WKO+.

X. Sag Support

- All training rides and runs will feature sag support with a 12 passenger van. The van will be stocked with food, drinks, First Aid Kit, bike supplies (tires, tubes, tools, etc.), and any additional gear you may wish to have available.
- The van will meet us at designated checkpoints and provide athlete tracking and a point of contact in the event of an emergency.
- If you wish to cut any bike or run workout short, you may elect to do so at any time. You can get a ride back to the condos with your gear as the support van finishes its duties with the other athletes on course.



XI. Payments, Transfers & Refund Policy

In order to make the Winter Training Camp a success, many services need to be reserved and paid for well in advance. Due to the limited number of athlete slots and the nature of the services provided in your winter training camp experience, partial attendance and withdrawals present a difficult challenge for the organizers. Please read the information below before proceeding with your registration.

- a. **Payments** - To secure your slot at the Blueshift Multisport Winter Training Camp, you may do one of the following: (1) Register online at Active.com and submit a full payment, or (2) Register off-line by contacting Coach Matt Giunta by email or phone, or (3) Send a non-refundable deposit for \$800 by check no later than Jan. 15, 2010. Your full payment will be due no later than Feb. 15, 2010. If we do not receive the outstanding balance of the training camp fee by Feb. 15, you will forfeit your slot to attend the camp and your deposit will NOT be refunded to you. Please consider this carefully if you wish to extend payments.
- b. **Transfers** - If an athlete pays the full registration fee but cannot attend the camp for any reason, the only option available is to transfer the services into Blueshift Multisport 1:1 Unlimited Coaching for a term of 6 months. Please see www.blueshiftmultisport.com for details of the 1:1 Unlimited coaching package.
- c. **Refunds** - Under no circumstances will deposits or fees for the Blueshift Multisport Winter Training Camp be available.