

Welcome to the No Limits Calgary Ironman training camp. Below you will find information regarding the weekend of training. Please take some time to read over everything and let me know if you have any questions.

Training Schedule for No Limits IMC training camp

Start Time	Day	Event	
5:00pm	Friday July 6	Swim	5:15-5:30 at Auburn Bay Meet at 5:00 outside Club House (we will swim 1 loop of the lake 2 Km)
After swim	Friday July 6	Pasta / Lecture (nutrition)	Todd's House (133 Autumn Gardens SE)
7:00am	Saturday July 7	Bike	Meet at Priddis parking lot at 6:45 By Old Post Office or on Street DO NOT park in Community Center lot!!! 170 Km bike Ride (3 looped course) Loop 1 = Gas Plant loop (55 Km) Loop 2 = Rd to Nepal (75 Km) Loop 3 = MailBoxes (40 Km)
After Bike		Run	6 Km or 30 min run from Priddis parking lot
9:00am	Sunday July 8	Swim	9:00am at Auburn Bay Meet at 8:55 outside Club House We will swim 1.5 – 2 Loops of the lake.
11:00am – 1:00		Run	10 – 20Km from Todd's House

Schedule of Events:

Friday:

We will start with a Lake swim at Auburn Bay Lake at 5:15pm.

We will meet at 5:00 outside of Auburn Bay Club house near the entry gates

Directions to Auburn Bay lake

Take Deerfoot south bound. Pass 22x (marquis of Lorne trail).

Take Seton Blvd exit. Head East over Deerfoot

Turn left to enter Auburn Bay

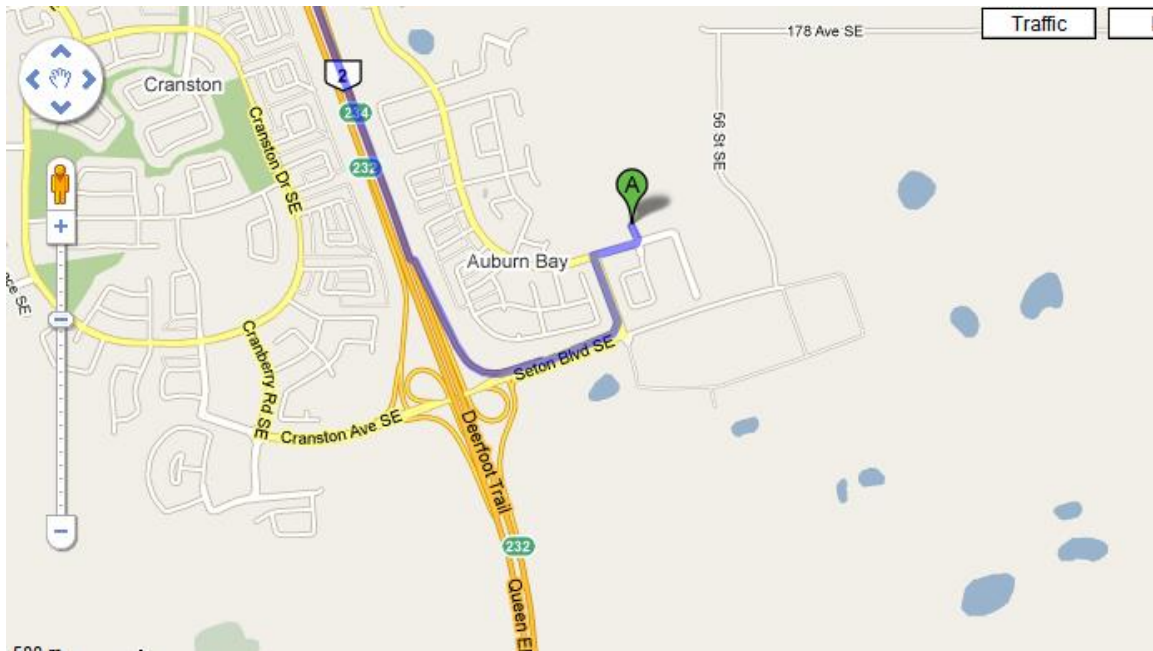
Turn right at the stop Sign.

The parking lot to the lake is on your left.

Meet at the front gate of the community centre.

If you have any problems, please call or text Todd cell at 403-990-0523

Please text if you will be late!

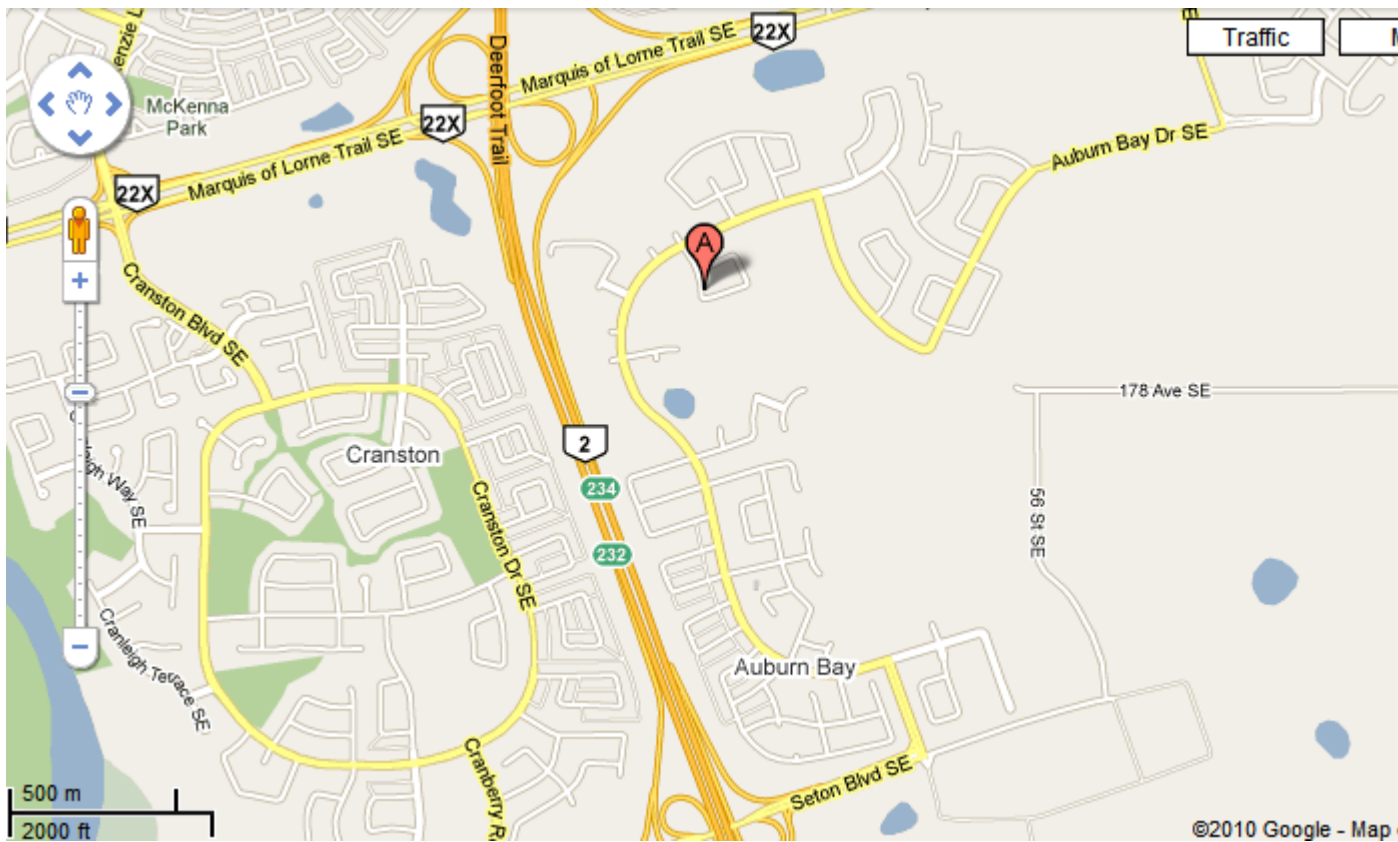


Following the swim we will regroup at Todd's house which is located at 133 Autumn Gardens SE. (map below) where we will have a lecture covering IronMan nutrition and a demo of how to fix a flat tire. I will be providing a pasta diner (spaghetti) with meat sauce. Let me know if anyone has allergies or is a vegetarian.

Directions to 133 Autumn Gardens S.E.

Take Deerfoot south bound. Pass 22x (marquis of Lorne trail).
Take Seton Blvd exit. Head East over Deerfoot
Turn left to enter Auburn Bay
Turn left at the stop Sign. You will now be on Auburn Bay Blvd.
Stay on this road and turn at your 6th right which is Autumn Gdns.
Follow this around to my house #133 (yellow house). You may need to park on the road next to the grassy field and walk to the house as parking is limited. Park in the driveway if there is space.

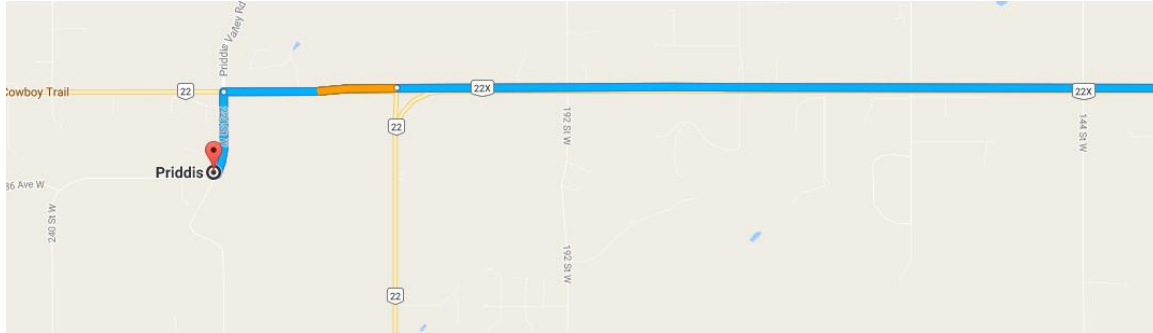
If you have any problems please call on my cell at 403-990-0523



Saturday:

We will meet at Priddis for our long bike ride at 6:45am with start time of 7:00am.

Directions: As you turn into the hamlet of Priddis you will take a right at the stop sign across from the gas station. The small parking lot will be on your right. If there is no space please park on the road or just further down the road by the tennis courts. I will be driving my Grey Honda CRV. If you need help on Saturday, please call my cell at 403-990-0523.



Map to Priddis

The bike ride will consist of 3 loops.

The 1st loop is 51 Km, the 2nd 56 Km and the 3rd loop of 40Km.

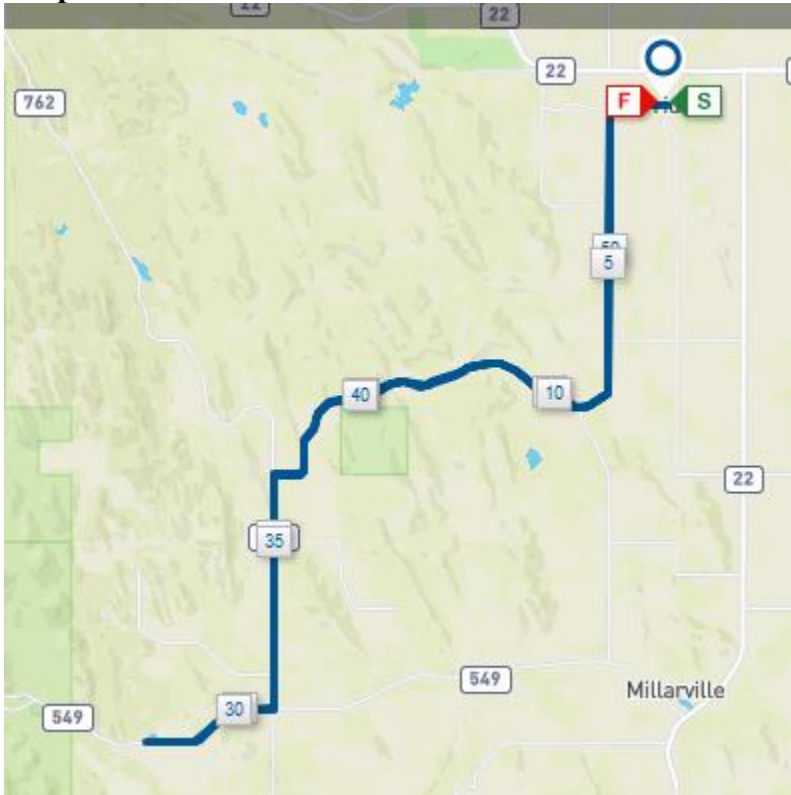
After the 1st loop we will return to the parking lot where we will have a chance to change out of our warmer clothes and refill our bottles.

After the 2nd loop we will return to the parking loop to refuel and option of the remaining 3rd loop.

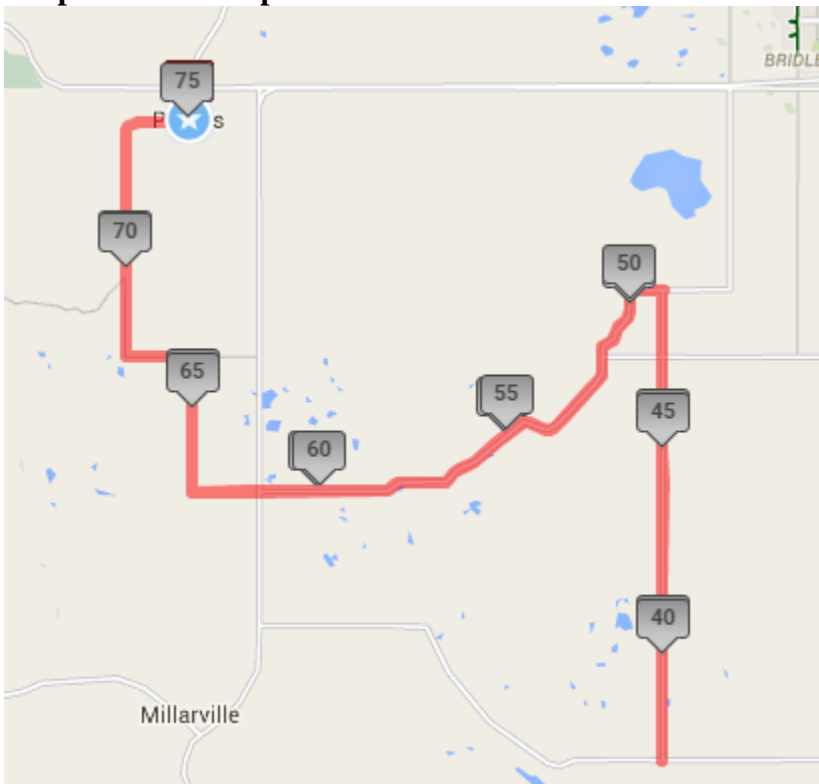
I will have additional spare tubes in case of flats but everyone must carry at least one spare tube on their bike.

Please ensure that you are able to carry 2 bottles on your bike.

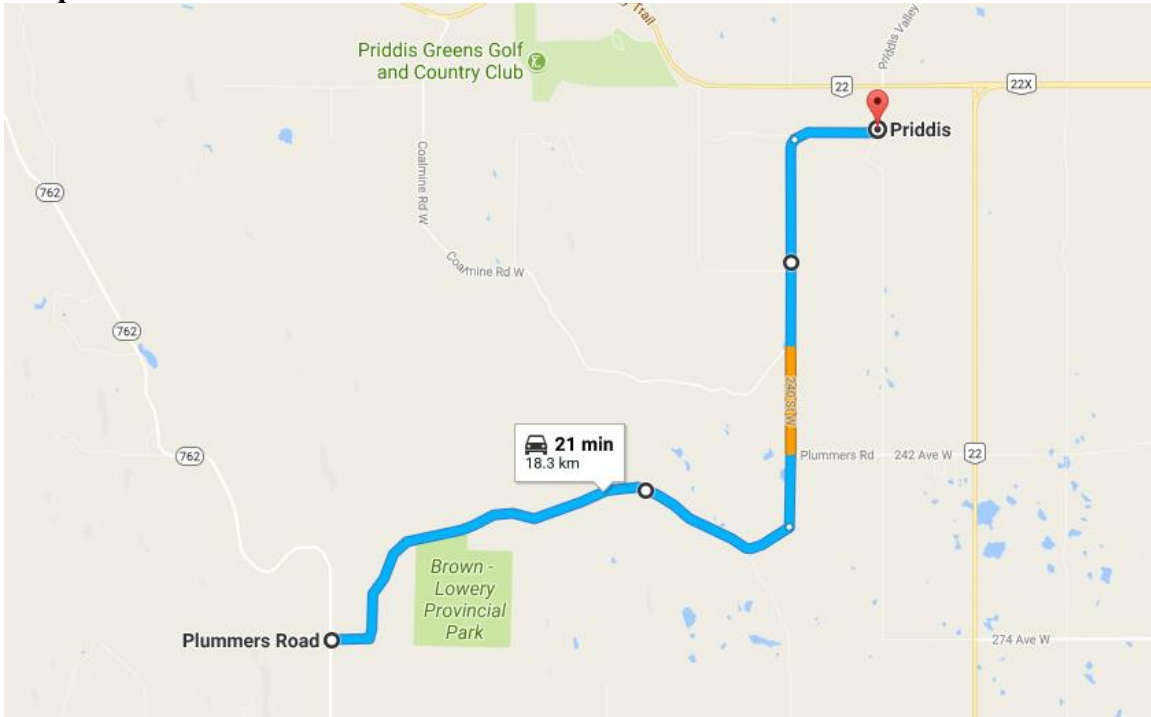
Loop 1 “The Gas Plant” 55 Km



Loop 2 Road to Nepal – 75 Km

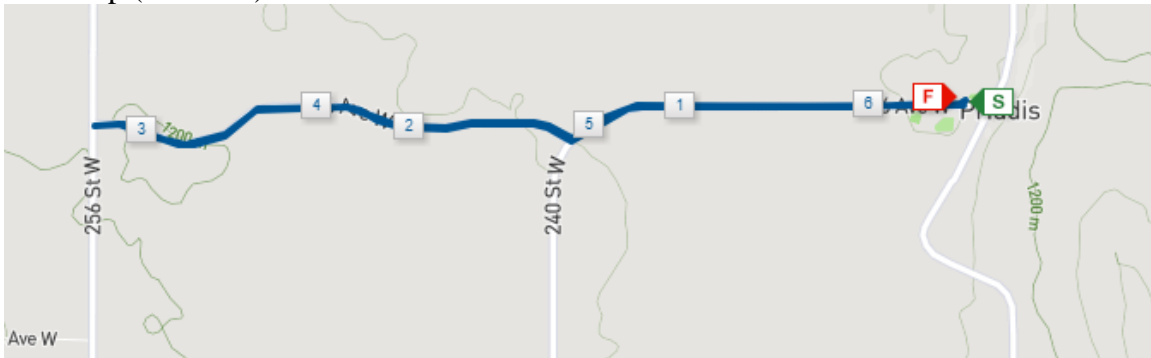


Loop 3 “Mailboxes” 40 Km



Following the bike ride will be an optional 6 Km run off the bike to experience what your legs will feel like during your Ironman. ☺ Please remember to bring your run gear. E.g. run shoes, shorts, socks and hat.

Run Map (6.36 Km)



Sunday:

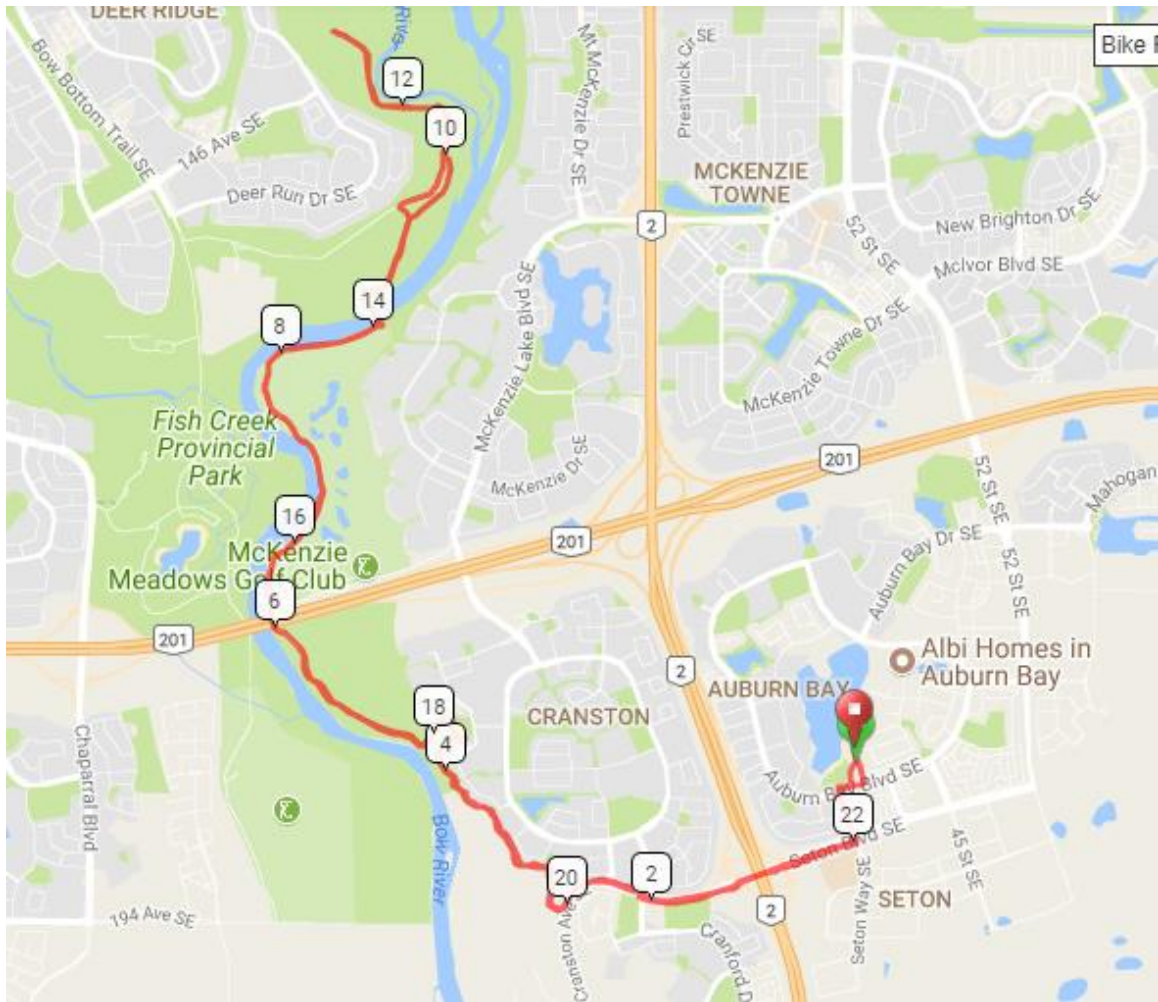
We will start the day with a long swim of 60 – 90 mins. Please arrive at 8:50 am. This will be followed by a Long run of up to 21 Km starting from Todd's house. We are targeting a start time of 11:00.

Please bring water bottles to run with and you will have a chance to refill your bottles and grab gels (or other nutrition) 1x during the run.

The run will start from Todd's house and we will then exit Auburn Bay and cross Deerfoot into Cranston. Once in Cranston we will cross over the road to the other side of the pathway just after you pass the Cranston Community centre on your left and Petro Canada on your right.

We will then follow the pathway towards fishcreek and run along the very scenic ridge. Near the 6 Km mark we will take a left turn down the hill into fish creek where we stay on the pathway until the 10.5 turnaround. If you do not want to run the full distance you are welcome to turnaround before. We return on the exact same route.

Run Map



After the run we will regroup at the house to go over any additional questions you may have about training for and racing IMC.

Please let me know if you have any questions.

Thanks and I am very much looking forward to the camp.
Coach Todd