

BEN HOFFMAN TRIATHLON CAMP



The Cycling House is inviting you to train with 2x Ironman National Champion triathlete Ben Hoffman. Ben has been tearing up the race course of late:

Ironman Champion Lake Placid 2010

Ironman Boise 70.3 Champion 2011

Ironman Muncie 70.3 Champion 2011

Ben will be a top podium contender this year at Worlds Championships in Kona. Check out www.benhoffmanracing.com for more.

Cycling will be the focus of the camp, and we'll have several great trail runs lined up and a few swim sessions on tap. Ben will answer questions like— how to fuel for an ironman or what's the best training plan for someone racing more than once in a month? Of course, all of this knowledge and hard work adds up to make you faster and more competitive come race day.

Finally, you'll get the litany of TCH services as well- great food, fully supported rides, bike assembly, airport shuttles, and lots of fun! Come join TCH and Ben in Tucson and see what makes a pro.



THE CYCLING HOUSE
THE ULTIMATE TRAINING EXPERIENCE

January 3rd-8th, 2011

5 nights/6 Days \$1,795

Contact Owen@TheCyclingHouse.com

www.thecyclinghouse.com