

Cycling		Cycling	
Running		Running	

Training Schedule. Typical availability on any given week measured by hours/ minutes.								
Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
am								
pm								

Best Individual Times: Fill out one or more per sport, and year you did it.							
Swim	100m	200m	500m	1k	1.5k	2k	3.8k
Cycle	1k	3k	10k	20k	40k	90k	180k
Run	400m	1k	3k	5k	10k	½ Marathon	Marathon

Goals for this Racing Season
1.
2.
3.
4.
5.
Long Term Goals
1.
2.
3.
4.
5.

Note:

- Fill up the Registration form completely.
- Select the desired Camp and/or Promo you would like to participate in.
- Read the waiver carefully and sign it.
- Pay & Deposit the corresponding Camp Fee at
 Bank Name: Banco De Oro
 Branch Name: Pasig Kapitolyo
 Account Name: ROBOAIR PHILIPPINES, INC.
 Account Number: 1530077972
- Once completed, fax the registration form together with the waiver and the bank deposit slip, as proof of your payment to (632)638.2753 or scan and email to thenextsteptriathlon@gmail.com
- You will receive an email from Next Step confirming the success of your registration or call this number +63917.817.3677 directly.

Camp Details and Fees

	Accomodation	CAMP TITLE	DATE	VENUE	FEE
EARLY BIRD PROMO: APRIL 11 to APRIL 30, 2011					
<input type="checkbox"/>	Twin Sharing	Camp 2: Road to Cam Sur 1	May 27-29, 2011	Subic	P 10,000
<input type="checkbox"/>	Single (Own Room)				P 14,000
REGULAR RATE : MAY 1 to MAY 15, 2011					
<input type="checkbox"/>	Twin Sharing	Camp 2: Road to Cam Sur 1	May 27-29, 2011	Subic	P 15,000
<input type="checkbox"/>	Single (Own Room)				P 20,000

CAMP 2: ROAD TO CAMSUR 1 - Base Training

Camp 2 entitled "Road to Camsur 1" is the camp's second instalment and will focus on building a Base Training program for the upcoming Ironman 70.3 in Camsur this August. The venue will still be in Subic but the camp will showcase a different set of lectures and training programs perfect for would-be Camsur participants.

Base training is vital to all triathletes who are preparing for a race. It is done not necessarily to make you faster, but to make you stronger and give you more endurance to last through the longer distance races.

- 2 days intense SBR training
- 1 day race simulation
- Specialized Seminars
- Includes coaching fee, lectures on triathlon and sports nutrition

Inclusions:

- > 2N / 3D Accommodation at Travelers Hotel
- > Healthy Meals (3 Breakfast + 3 Lunch)
- > SAG Vehicles
- > Entrance fees for Training Venues
- > Welcome Kit
- > The Next Step Tri Camp Series Dri Fit Shirt
- > Nutritional Kit from Hammer Nutrition and First Endurance.
- > Unilab Gift Bag

UPCOMING CAMPS:

Camp 3: Road To Camsur 2

June 17-19

Bacolod City

The Next Step goes to the "City of Smiles" as it brings the third leg of the tri camp to Bacolod City. Participants, especially the Bacolodians, will get a taste of top-notch triathlon coaching focused on Base and Build Training specifically made for the Ironman 70.3 in Camsur.

Camp 4: Road To Camsur 3

July 8-10

Subic

Still focused on the Ironman 70.3 in Camsur, The Next Step's final leg will be tackling Build Training and how to Peak just in time for the competition. With just a month before the race, the participants would want to make sure that they are in their best form going into the competition.

THE NEXT STEP TRIATHLON COACHING
Informed Consent Waiver

"I, _____, have hereby enrolled in a program of strenuous physical activity including but not limited to swimming, biking, running, weight training, and various aerobic conditioning offered by *THE NEXT STEP TRIATHLON COACHING*. I hereby affirm that I am in good physical condition and do not suffer from any disability which would prevent or limit my participation in this exercise program.

In consideration of my participation in *THE NEXT STEP TRIATHLON COACHING'S* exercise program, I, _____, for myself, my heirs and assigns, hereby release *THE NEXT STEP TRIATHLON COACHING* from any claims, demands, and causes of action arising from my participation in the exercise program.

I fully understand that I may injure myself as a result of my participation in *THE NEXT STEP TRIATHLON COACHING'S* exercise program and I, _____, hereby release, *THE NEXT STEP TRIATHLON COACHING* from any liability now or in the future including, but not limited to swimming, biking and running related accidents, heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries and any other illness, soreness or injury however caused, occurring during, or after my participation in the exercise program.

I hereby affirm that I have read and fully understand the above.

Signature

Date