



April 2-4, 2010

LIMITED TO 30 ATHLETES ONLY

SIGN UP TODAY!

Travel Days Friday April 2 and Sunday April 4
Activity Days are: Friday April 2 - Sunday April 4

Arrival Date Must be Friday April 2



The International Banff Centre and Sally Borden Fitness and Recreation Centre

Join us for an exhilarating and challenging endurance camp in our World Famous Canadian Rockies. Top notch accommodations and food, forms the foundation of your recovery while expert facilitation and coaching maximizes your training time. A total of 20 hours of conditioning is possible.



Accommodations Fees:

Clean, quiet, and restful guest bedrooms allow guests to experience and enjoy the full beauty of The Banff Center's natural setting. Camp cost based on double occupancy.

Camp Fee: \$500 Early Bird Before March 1, 2010
\$525 After March 1, 2010

Includes 2 night accommodations, 4 meals and snacks and 20 hours of training!
\$370.00 Camp Fee without Accommodations.



Criticalspeed Easter Camp Itinerary

Friday:	Run 1 hr / 3.0 Hour Snowshoe then Earls in Banff (Campers Cost)
Saturday:	Swim 1 hr / Breakfast / Bike 3.0hrs / Snacks / Snowshoe 4.0 hrs / Dinner / Yoga and Hot Tub
Sunday:	Swim 1 hr / Breakfast / Stretching and Conditioning / Run 2-3 hours / Snacks / Bike 4.0 hrs / Dinner

For more information, or to book your spot at this exclusive 3 day camp, contact CoachCal at coachcal@criticalspeed.com or by phone at 403.242.2398.