

# HERT Training camp

**Date:** January 2, 3, 4, 5 & 6 2008

**Focus:** Climbing Camp

**Location:** Thredbo, NSW

Looking to get better at going uphill and maximising your endurance? Kick off your 2009 and join us for some great riding. The camp is five days of riding and presentations. Our HERT coaches will coach you to become more efficient on the bicycle and give you the tools to become a better climber.

We welcome riders of all abilities. Come ready to learn. HERT camp rides are fully supported.

Thredbo is located in the Australian Alps in NSW and has an AIS level sporting hall, gymnasium and 50m swimming pool all at over 1500m.

The weather during this time of year can vary from 10-30 degrees throughout the day depending on weather conditions and the altitude. Chances of rain are very minimal but come prepared for all weather conditions.

## **Included:**

Daily training sessions with HERT Coaches

Certified Professional Mechanics

Complete Ride Support with nutrition and hydration products

Training Talks with our Coaches and Elite athletes

Four dinners, breakfasts and lunches

**Cost:** \$1249.00

Members receive a \$250 discount on training camps.

## **Registration:**

A non-refundable \$300.00 deposit is due at time of registration. The remaining balance is due 30 days prior to the camp and will be billed automatically. The credit card information used for your deposit will be billed unless otherwise arranged with the HERT.

HERT reserves the right to cancel a camp. We will do so at least 30 days prior to the beginning of the camp. In this event, you will be issued a full refund. HERT is not responsible for fees associated with planning your trip, such as transport.

All fees will be applied to the camp for which you are registered. If you have to cancel for any reason, your deposit and all subsequent payments will be applied to the camp for which you have registered and cannot be transferred to an alternate camp.

Exceptions to this policy cannot be made for any reason, including weather or personal emergencies.

# **HERT**

**Cancellation:**

If you have to cancel for any reason, your deposit will not be refunded. Additional cancellation fees are based on how far in advance we receive your cancellation notice in writing.

**Cancellation Fees:**

30-60 days prior: Deposit only

0-29 days prior: 50% refund

**Arrival/Departure:**

We recommend you arrive by 12noon on Friday, January 2nd, 2009. Bike assembly, power meter installation and camp registration will be from 12:30-1:00pm on January 2nd. You must provide your own transportation in Thredbo. The conclusion of the camp will be Tuesday, January 6th, after the Jindabyne coffee ride.

**Bike Transport and Assembly:**

If you may require transport assistance for your bike from Sydney, please make advise us upon registration and you will need to arrange for it to be transported to our office. We will gladly assemble it and have it waiting for you.

Our address is:

Human Endurance Racing Team  
L3 199 Clarence St  
Sydney, NSW, 2000

**Lodging and amenities**

Lodging at this camp will be provided at the Thredbo Alpine Hotel. The hotel is rated as 4 star Alpine accommodations and includes use of the 50m swimming pool and gym facilities.

Breakfasts and dinners will be served in the hotel restaurant.

The hotel has a self serve coin operated laundry.

***HERT***

## **Things to Bring**

### **Items to pack for any of our camps:**

Bicycle: clean, good tires, tuned and ready to ride

Helmet

Jerseys at least 2 (short and or long sleeve)

Shorts at least 2 pair

Wind Vest

Baselayer 1 or 2 lightweight

Rain Jacket

Arm Warmers

Socks

Cycling gloves short finger

Cycling Shoes/pedals

Eyewear/sunglasses

Chamois cream

Small tote or backpack for anything you wish to keep in support vehicles.

Heart Rate Monitor and/or Power Meter (Power Tap or SRM or other)

Sunscreen

Toiletries for clean up between rides.

### **Items to add just in case.**

Medium weight jacket

Long sleeve and/or thermal jersey

Long finger gloves

Shoe covers/booties

Leg or knee warmers or light tights

Swim wear and goggles

Gym or sports/running apparel and shoes

### **Other items to consider:**

Bottles/mix/food - if you will be arriving in Thredbo before a camp begins or remaining afterward, and wish to ride, please bring what food/drink supplies you will need for your riding.

We will have sport drinks, food, spare tubes/tires, etc in our follow vehicles. Each day we will prepare water bottles for your.

If you have any questions about what to pack or what to look for when purchasing cycling clothing or supplies, please contact us on 0410 449 703 or [mark@hert.com.au](mailto:mark@hert.com.au)

## **HERT Climbing and Endurance Camp Schedule - Thredbo, NSW January 2, 3, 4, 5, 6 2009**

### **Friday 2 – Climbing skills**

11:00-12:00pm	Registration and bike drop off
12:30-1:00pm	Bike inspection by HERT
1:00 - 1:30pm	Welcome lunch and camp overview
2:00 – 4:00pm	Climbing skills: strength endurance, off the saddle and gearing
5:30 – 6:00pm	Presentation: layering and nutrition
7:00 – 8:00pm	Dinner – Cascades restaurant

### **Saturday 3 – Dead Horses**

6:00 -7:00am	Breakfast – Cascades restaurant
6:30am	Group A ride depart
7:00am	Group B ride departs
1:00-2:00pm	Lunch – BBQ upon return
4:00 – 5:00	Swim session or active recovery (GYM)
5:30 – 6:30	Presentation improving your regular training routine
7:00pm	Dinner Cascades restaurant

### **Sunday 4 – Dalgety**

6:00 -7:00am	Breakfast – Cascades restaurant
7:00am	Depart for Jindabyne via car
8:00am	Ride departs
12:30-1:30	Lunch (Jindabyne Group B)
4:00 – 5:00	Swim session or active recovery (GYM)
5:30 – 6:30	Presentation: Peter Robertson and preparing to win
7:00pm	Dinner Cascades restaurant

### **Monday 5 – Double delight**

6:00 -7:00am	Breakfast – Cascades restaurant
6:30am	Group B ride depart for Perisher
7:00am	Group A ride departs for Charlottes Pass
1:30-2:30pm	Lunch (Thredbo)
4:00 – 5:00	Swim session or active recovery (GYM)
5:30 – 6:30	Presentation:
7:00pm	Dinner Cascades restaurant

### **Tuesday 6 – Final ride**

6:00 -7:00am	Breakfast – Cascades restaurant
7:10am	Group B ride departs for Jindabyne
7:30am	Group A ride departs for Jindabyne