

15TH ANNUAL . 2025

# ULTIMATE TRI CAMP

*Clermont . Florida*



## Coaches

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# Welcome!

## We're so excited you've joined us for the 15th Annual Ultimate Tri Camp!

It will be a fantastic few days of everything triathlon, and you'll love it! We want to ensure that your experience is the absolute best, so if there's anything you need in addition to everything we have planned, please don't hesitate to ask. If you love it, tell the world; if you hate it, tell me, and I will fix it!

In this packet, you'll find tips and items for your best camp experience: Everything we do is meant to enhance your camp experience, and I suggest participating in everything; then, you can decide if it worked for you and if you want to keep doing it as a part of your triathlon lifestyle.

Always keep an open mind and heart, and ask for help if you need it!

### Ultimate Tri Camp What's App Group

Please be sure you are in the UTC group chat. All the most important and latest information will be communicated via the "What's App group chat."

Check for changes often. [Click here to access the group chat.](#)

### Itinerary (see pages 5-10)

Swim, Bike, Run, Eat, Sleep, Recover, Fun, Repeat!

### Maps

All Garmin's can be programmed with the group ride maps.

Your responsibility is to stay with your group leader and follow the map. If you are up in front, you can circle back every few miles to be sure you don't lose the group.

### SAG Support for all bike rides

All bike rides will have SAG support, all equipment will be provided.

Bike support during the trip is provided by:


**JPR Mobile Services** | John-Paul Russo, Founder and CEO

**407-967-6995**, Please add this number to your phone if you get lost or need sag support!

### Safety

**Bike helmets are mandatory** while you're on the bike, **NO EXCEPTIONS EVER.**

We'll create bike groups based on ability, but patience is still essential on the group ride. We start together and need to ride together. We will review safe ascending and descending hill practice on the first day. This is a mandatory part of the first day on the bike



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## Emergency Procedure

We need to know of any health concerns and medications you're taking, and if you feel bad, please notify a coach immediately. If you or anyone around you gets hurt, call 911. Always have your cell phone with the coaches' phone numbers on your phone

## WAIVERS

Please complete all forms before you participate, these include video and photography waivers. You can [click here to access the waiver](#).

## Nutrition

During camp, it is essential that you show up to every training session having eaten before you arrive. Have nutrition during the training, and be ready with a post-training recovery snack. It would be best if you didn't miss out on a thing due to a lack of energy. Enjoy your 10 **Perfect Aminos** after every workout. Eat big, healthy dinners daily. Breakfast and lunch will be catered and delivered (if you purchased meals). Do not try to cut calories during camp- You need to eat!

## Recovery Time

Your recovery each day is equally as crucial to the training. Please take advantage of the **stretching sessions** post-training, **breath work, yoga, the Marc Pros, Normatec boots, massage, ice baths, naps, and SLEEP!**

**Massage** is essential during six days of training, whether personal or professional. **Ice Baths** are highly recommended. Take advantage of the hotel ice on each floor. Take a 10-minute ice bath each day to ensure a quick recovery.

**Pacing** - Pace yourself throughout each workout and each day. Start conservatively and build the intensity into each session and each day.


## List of Sponsors and Affiliates

Please review the generous supporters who supplied the items in your SWAG bag. If you have any questions about them, please ask us. We recommend these items because we believe in them and use them ourselves. See later pages for links for all affiliates, or go to

[www.fullcirclecoaching.com/members](http://www.fullcirclecoaching.com/members) Password: **TRIATHLETE** to access all discount codes

**Your SWAG BAG is loaded with so much great stuff! Let's look inside now!**

**FC GEAR:** If you own FC apparel, please wear it to all training sessions. You received some in your bag. It's especially great when we take group pictures!! I have extras if you want more. On Saturday, we take a group photo at the base of Sugarloaf (the highest mountain/hill) in Florida.



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## Coach Time

If you want to learn more... hang out with the coaches at training sessions. We're here for you. We'll check everyone's fitness level to place you in the appropriate group.

Most campers start WAY too hard and end up in the SAG wagon or dropping off the back after three days.....don't let that be you! You will get coached if you swim, bike, or run near a coach! Ask questions!

## Add-on Sessions\*

- Bike Fits
- 1-on-1 Videos for running or swimming are available; group videos are included in your camp package. Individual sessions must be scheduled with Coach Erinne.
- 1-on-1 Nutrition
- Massage and Stretching sessions must be prescheduled.
- Testing

*\*All of these must be pre-purchased and prescheduled before arriving at camp.*

[Click here to purchase](#)

## SOCIAL MEDIA

Please post your comments and photos all week.

Include us by using [@fullcirclecoaching](#), [#fullcirclecoaching](#) [#ultimatetricamp](#) when posting your images to Instagram and Facebook.

It's great to see and share pictures of all the great activities.

***Special Camp Bonus if you post the most.***

## Post Camp

Give yourself a few days to even a whole week to recover. You did a lot of training, and the best way to benefit from all this training is to rest and recover well. Use the techniques you learned at camp. Check out this [blog](#) about recovery for more ideas.

Look out for follow-up emails from us, and don't hesitate to set up a call with me to review everything and what is next for you! Use this [link](#) to set up a call.

We'll also ask for your feedback; Please consider a video testimonial about your experience at Ultimate Tri Camp. In the survey, I want to know everything you're happy with and what needs more attention to help us give you the best experience!

Our goal is to keep our campers coming back year after year.

Lastly, remember to have FUN. Enjoy every minute and commit to making it a great experience as a team; together, we are stronger, faster, and happier!

If you need additional help, ask a coach, we are here for you!



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## What to Bring

**IT MAY BE COLD; PLEASE BRING APPROPRIATE CLOTHES TO  
LAYER AND KEEP WARM!**

**We train Rain or Shine, Hot or Cold!!**

**A positive mental attitude, a beginner's mind, and an open heart!**

### **SWIM:**

Swim suit, wet suit, towel, sunscreen, goggles (tinted & clear), swim cap, paddles, buoy, fins, click on this link to purchase from our TEAM STORE any item(s) you need: [www.swimoutlet.com/fullcircle](http://www.swimoutlet.com/fullcircle) then click on SWIM GEAR.

### **BIKE:**

Bike (road or tri) cycling kit, shoes, eye protection, rain jacket, helmet, power meter, gloves, rear lights for biking on the road, bigger cassette size 25-28 (climbing gears) for climbing hills.

### **RUN:**

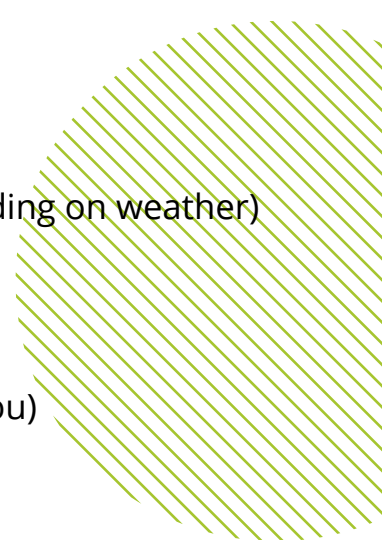
Run shoes, visor, run shorts, eye protection, leggings if cold or compression, socks

### **GENERAL:**

- Garmin Watch and Heart Rate Strap
- Extra layers of clothing to stay warm (in case the weather is cold)
- Sunglasses
- Water bottles
- Tri Suit
- Neck/Ear warmers, full finger gloves, leg & arm warmers (depending on weather)

### **MANDATORY; WE USE THESE A LOT!**

- Mat (to stretch)
- Foam roller - 36" (if you're traveling by plane, we have one for you)  
If you do not have these, you can [purchase them HERE](#).



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# UTC Itinerary 2025

## HOTEL

Home2 Suites by Hilton Clermont  
1450 Champions Way Clermont, FL, US 34711  
Ph: 352-227-2900

### Pre-camp | Sunday | February 16: Arrive in Clermont Florida

#### 12:00-5:00 PM:

- 1-on-1 coaching sessions: Video analysis is available for swimming and running and bike fitting.
- Purchase on the resources page of the Ultimate Tri Camp website

[CLICK HERE TO PURCHASE.](#)

### Day 1 | Monday | February 17: Arrive in Clermont, Florida

#### 12:00-4:00 PM:

- 1-on-1 coaching sessions: Video analysis available for a swim, run, or bike fit.
- Purchase on the resources page of the Ultimate Tri Camp website.

[CLICK HERE TO PURCHASE.](#)

#### 12:00 -4:00 PM:

- **Mandatory Bike Check-In – Home 2 Suites Conference Room – with Coach Dennis**
- Ensure all bikes are in working order to avoid mechanical issues on the first ride.
- Recommend a bigger cassette (12/28) on the rear wheel to handle the climbing terrain.

#### \* PROGRAM BIKE COMPUTERS WITH COURSE MAPS \*

#### 4:00-6:00 PM: Mandatory Orientation – Conference Room

Pick up swag bags and meet the Coaches and campers.

Review Itinerary. Hosted by **Green Mountain Valley Water**

***Let's Move!***

***Meditation***

#### Optional 6:00 PM: Tutorial - Using my Garmin watch for track and pool.

Program any Bike Computers with Bike routes.

Dinner on your own. See a list of local restaurants in the reference section at the end of the manual.

**Note:** during any session with a guest speaker or during free time/recovery, you may schedule a sports massage with Maria.

[CLICK HERE TO PURCHASE.](#)



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# UTC Itinerary

Day 2 | Tuesday | February 18

**6:00 AM: Light Breakfast at Hotel or delivered**

**6:30 AM: Meet in the Lobby of the Hotel to walk over to the track with the Coaches  
Check-in at the National Training Center Track.**

**6:45 AM: [TRACK RUN @ NTC](#):** Wear all run gear, Garmin, bring a water bottle, and nutrition.  
Full Track workout

1-mile run test, form review and drills, main set, barefoot cool down, Post-run stretch, and the lower leg routine and foot strength routine

**TAKE 10 BODY HEALTH PERFECT AMINOS** with electrolyte water.

**9:00 - 9:30: Walk back to the hotel**

**9:30-10:30 AM: Conference Room – Run specific stretch and foot strength, Toes  
Spreaders, Sample Xero shoes**

**10:30-11:30 AM: Conference Room – Joe Burnham of Xero Shoes**

<https://xeroshoes.com/go/FC> | [@xeroshoes](#) | [Zoom meeting passcode fcc](#)

**11:30 AM-1:15 PM: Free time** - Shower/change, grab lunch, and meet back in the conference room. Optional Massage/ stretch/ recovery time. Marc Pro, Hyperice, Normatec Boots; Essential Oils sampling.

**1:30- 2:30 PM: Conference Room - Magnesium: The Miracle Mineral for Athletes,**  
Natalie Jurado, Rooted In <https://berootedin.com/> | [@berootedin](#) | *in person*

**4:30PM- 6:00PM: [NTC WEIGHT ROOM](#)** - Blg 6 Strength Moves with Coaches Jac/Dennis/  
Erinne

- Swim Specific Strength/Mobility - mats.
- Run Strength Playlist
- Cycling Strength

Bring your mats, where Vibrams or Xero Shoes  
this OR Body weight only swim, bike, run specific strength

**6:00-6:25 PM: Free time**, shower and change, and be ready to leave  
for dinner.

**6:30 PM: Meet hotel lobby to carpool for dinner** - The Local Grille & Tavern  
1700 Legendary Blvd, Clermont, FL 34711 (352) 404-8020

***Progressive Muscle Relaxation Before Bed***



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# UTC Itinerary

Day 3 | Wednesday | February 19

**6:30-7:30 AM: Conference Room - Morning Meditation, Breathwork, Foam roll for posture, SAVERS, Breath Work, and Essential Oils**

**7:00-7:30: Light breakfast** at the hotel or delivered

**7:30: Meet in the hotel lobby**

**8:00 AM-10:00 AM: BIKE SESSION Break into groups A, B, and C** –Mandatory bike handling skills session for C group, SAG support included (JPR Mobile Services | John-Paul Russo, 407-967-6995)

Hill Training for groups A, B, C

\*What to do when your chain drops!

Safety talk, all coaches and campers – bring cell phones and wear sunscreen.

**TAKE 10 BODY HEALTH, PERFECT AMINOS**

**10:30 AM-11:30 AM: Conference Room: Mack Cycle sponsored Flat Tire Changing Clinic**

**11:30-12:30 PM: Lunch and shower/change free time**

Optional Massage time

**12:40 PM:** Meet in the lobby to drive to NTC for a 2-hour swim session

**1:00 -3:00 PM- POOL SWIM** - Bring all swim gear to break into A, B, and C Groups by lane- Dry land stretch- Breathing, Balance, and Kick focus - CARPOOL

**3:00-4:30 PM:** Head back to hotel, shower, change, Free time, massage, stretch, take 10 more perfect aminos!

**4:30-5:30 PM: Hit of Happiness** – on Zoom - Happiness is an inside job with guest Brian Dubow | [hitofhappiness.com](http://hitofhappiness.com) | [@hitofhappiness](https://twitter.com/hitofhappiness) | [Zoom meeting passcode fcc](#)  
*be prepared to leave for dinner*

**5:45 PM: Leave for Dinner** at - Root and Branch 1200 Oakley Seaver Dr #102, Clermont, FL 34711, Ph: +1-352-708-4529

8:00 pm Triathlon Movie??





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# UTC Itinerary

Day 4 | Thursday | February 20

**6:30-7:30 AM: Conference Room – Breath Work, meditation, Foam roll, Posture with Erinne.**

**8:00-10:00 AM: BIKE SESSION** - Ride together from the hotel/ break into groups  
Bike session - Break into groups A, B, and C- Hill Climbing practice. SAG support included (JPR Mobile Services | John-Paul Russo, 407-967-6995 )

**10:30-11:30: Video Analysis Review for Running and Swimming, Conference Room:**  
Group video analysis review (swim and run mechanics), Garmin computer setup (How to use my Garmin computer for the Bike), and Training Peaks questions (Optional massage time)

**11:30-12:30: Lunchtime, shower + change - Holistic Nutrition with Coach Erinne**

**12:45 - Meet in Lobby carpool to the NTC Pool**

**1:00 PM -3:00 PM NTC - POOL SWIM** - Bring all swim gear to break into A, B, and C Groups by lane- Dry land stretch- Stroke Mechanics drills and focus- Relay Race

**3:00 - 4:30 - Free Time, Massage\***, recovery boots  
*3:00pm - 4:00pm Montse Cosin Massage 1*

**4:30-5:30 PM - Pro Triathlete Ben Kanute made possible by Credo Tri App**  
[Zoom meeting passcode fcc](#)

**5:45 PM: Meet in the hotel lobby to carpool for dinner**

**6:00 PM: Dinner Crooked Spoon** 200 Citrus Tower Blvd, Clermont, FL 34711,  
Ph: 1-352-404-7808



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# UTC Itinerary

Day 5 | Friday | February 21

**6:30-7:30 AM: Conference Room: [Kihara Stretch - swim run Youtube](#)** - Meditation, Breath Work, Yoga, and Essential Oils

**7:30-8:00 AM: Breakfast**

**8:00 AM: Meet in the hotel lobby, drive/carpool to Lake Louisa State Park** 7305 US-27, Clermont, FL 34714 (each vehicle will need to pay \$5 to enter the park; make sure to bring wetsuits and wear tri suits)

**8:30 AM: [OPEN WATER SWIM, BIKE, RUN](#)**

**9:30-11:30 AM: Transition 1 and Transition 2 practice**

Bike Mounting and Dismounting (\*learn to leave your shoes on the bike!)

**11:30 - 1:30 PM: Lunchtime**, shower + change, optional massage time

*11:30am - 12:30pm Richard Gomez Massage Massage Room TBC*

*12:30pm - 1:30pm Richie Ganitsky Massage Massage Room TBC*

**2:00 - 3:00 PM: In Person Benjamin Pelton Breathwork Reset in Conference room**

**3:30-4:30 - Andrew Johnston - Triumph Training - Eldoa**

[triumphtraining.com](http://triumphtraining.com) | [Zoom meeting passcode fcc](#)

**4:30-5:30 Free time massage time**

*3:30pm - 4:30pm Montse Cosin Massage 2*

*4:30pm - 5:30pm Maria Picton Massage Room TBC*

*4:30pm - 5:00pm Montse Cosin Stretch Session 1*

**5:45 Meet in the hotel lobby to carpool for dinner- drive to Plant Street Market**

426 W. Plant St. Winter Garden, FL 34787



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# UTC Itinerary

Day 6 | Saturday | February 22

**6:30-7:30 AM: Conference Room: Kihara Stretch and Yoga for Cycling** - Meditation, Breath Work, Yoga, and Essential Oils

**7:30-8:00 AM: Eat breakfast, prep nutrition for the bike**

**8:15-1:00 PM: BIKE SESSION: Pedals up - Long Ride - 3 groups 30-50+ miles (HILLS) Groups A, B & C** - Full SAG Support for this ride, bring water bottles and sports nutrition for 4 hours to the lobby to put in the cooler

**Post-Bike Run: 30-60 minutes**

Take 10 Perfect Aminos!!

**1:00-3:00 PM: Mandatory Meet at Hotel Pool Deck >> EXTREME RECOVERY**

**2:00 PM: Lunch Time**, as you finish with the recovery - Eat a LOT!!!

*1:00pm - 2:00pm Massage - Marcel- Room to be confirmed*

*2:00pm - 3:00pm Massage - Montse- Massage 3*

*2:00pm - 2:30pm Montse Cosin Stretch Session 2*

*3:00pm - 4:00pm Massage - Erinne - Room to be confirmed*

**4:00-5:00 PM (Mandatory) - Conference Room: Dr. Minkoff, BodyHealth | Secrets and Tricks to Take Your Game To the Next Level.**

<https://fullcirclecoaching.com/store-2/Nutrition-Supplements-c21027468> | [@perfectamino](#)  
**[Zoom meeting passcode fcc](#)**

**5:00-6:30 PM: Healthy Happy Hour**, raffle prizes, giveaways and kudos, Q and A surveys -

How to keep up the momentum, video testimonials

**6:30 PM: Delivery / Mexican Dinner in hotel lobby**

*\*Itinerary and schedule subject to change*



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# UTC Itinerary

Day 7 | Sunday | February 23

**7:00-8:00 AM: Restorative Yoga session** with Haley Weber

**8:00-8:30 AM: Breakfast Hotel or Delivered**

**8:45 AM-10:30 AM: BIKE SESSION: Pedals up from the hotel:** 25–30-mile bike ride on Great Clermont Course, Hill repeats, SAG Support included

**10:30-12:00: RUN SESSION:** Long Run at CLAY TRAIL (8928-9290 N Bradshaw Rd, Clermont, FL 34714) or on a Paved Trail  
<https://greatruns.com/clermont-clay-loop/>

**TAKE 10 BODY HEALTH PERFECT AMINOS**

**12:00 PM: Hotel lobby** – final stretch and recap. Please say goodbyes!

**1:00 PM: Ask for a late checkout, and FAREWELL - It was an amazing Camp!**

*\*Itinerary and schedule subject to change*







# TRIATHLON DREAMS GOAL RACES





# TRIATHLON DREAMS GOAL RACES

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**What Level Triathlete are You?**

- 1) **GETTING STARTED:** No Swim, bike, run experience / **NEWBIE** with desire to learn the skills to become a triathlete.
- 2) **ACQUIRING EXPERIENCE:** A little experience in swim, bike, run but never put it together for a race. / Strong in 1 sport but not all 3 - Skill building in all 3 sports.
- 3) **GAINING MOMENTUM:** Race a sprint, wants to get better, faster or race Olympic. / Garmin, testing for training zones, interval training.
- 4) **READY FOR MORE:** Better equipment technology and efficiency. / Completed several Sprints, Olympics & 70.3 or get on podium or Ironman.
- 5) **PODIUM or CHAMPIONSHIPS** short course or Ironman Long Course / Completed several Sprints, Olympics & 70.3, wants to get on podium, championship or Ironman.

**SELECT & ENTER WHICH LEVEL TRIATHLETE YOU ARE FROM THE GRAPHIC ABOVE: \_\_\_\_\_**

## **TRIATHLON DREAMS GOAL RACES & DATES**

1 \_\_\_\_\_  
 2 \_\_\_\_\_  
 3 \_\_\_\_\_

4 \_\_\_\_\_  
 5 \_\_\_\_\_

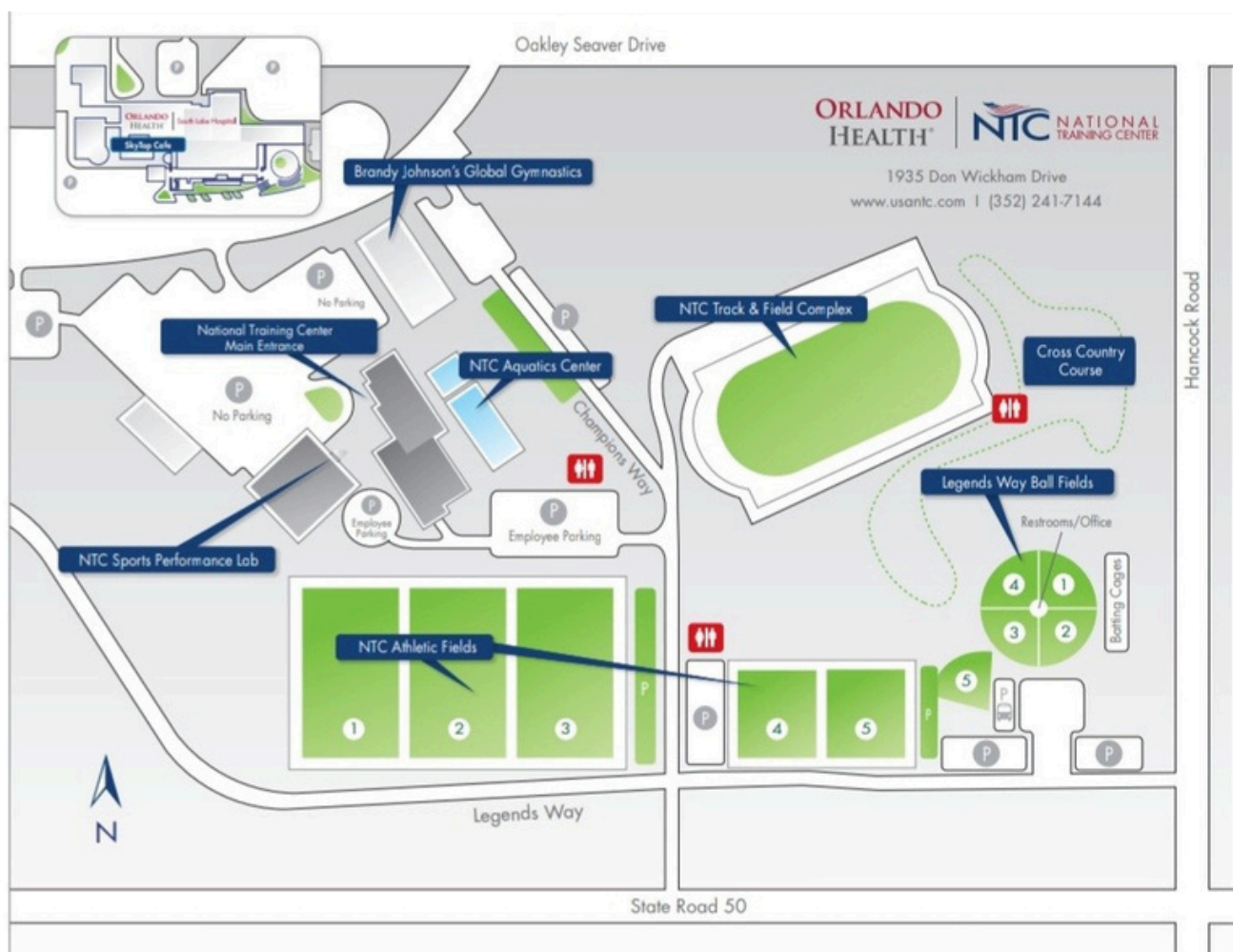
## **SPECIFIC GOAL & DATE TO ACHIEVE**

Swim \_\_\_\_\_  
 Bike \_\_\_\_\_  
 Run \_\_\_\_\_  
 Nutrition \_\_\_\_\_

Strength \_\_\_\_\_  
 Race \_\_\_\_\_

[CLICK HERE TO COMPLETE THE TRIATHLON DREAMS & GOALS FORM](#)

# NTC National Training Center Map



1935 Don Wickham Dr, Clermont, FL 34711

# Swag Bag Contents

Here's a handy list of the items in your over-the-top swag bag. It's filled with awesome and useful products from our very special sponsors. **Click** on the company name to visit the website to purchase. **TAKE ADVANTAGE OF DISCOUNTS BY CLICKING ON THE LINKS PROVIDED!**

Try a few while at camp, we welcome your feedback! Please show the love by sharing (posting) pictures on your social media of your favorite goodies!

Don't forget to include #hashtags, and tag us as well!

**@FullCircleCoaching on Instagram and @fullcirclecoachingUSA on Facebook.**

***We're official ambassadors of the sponsored products, so please keep it fun and share!***

## AIROFIT

**Airofit**

[@airofit](#)

Scan this QR Code to receive a special discount applied at checkout



## BODYHEALTH



**BodyHealth**

[@bodyhealthoptimized](#)

[@perfectamino](#)

<https://fullcirclecoaching.com/store-2/>

Presentation by founder Dr. Minkoff  
Products: Perfect Amino Tablets, Perfect Amino Electrolytes, Books



**&Goodies**

[andgoodies.com](http://andgoodies.com)

Raffle prize gift set  
Use code: FULLC25 for 15% off





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**@baseperformance**

**<https://www.baseperformance.com/>**

**PROMO CODE: FULLCIRCLE2024**

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**<https://referral.doterra.me/910743>**



**[mackcycle.com](http://mackcycle.com)**

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Contact: Chris Pavon or Sandy

Official Club Membership includes:

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(normally \$30/mo):

15% off purchases your first month

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20% off purchases on Member Appreciation Days

Dedicated bike mechanic at local races

Birthday bike wash and lube

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# OMIUS

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<https://www.omius.io>

**Promo Code: FCC25 for 20% off**

Products: Cooling headband

# paleovalley

Paleo Valley

[@paleovalley](#)

[paleovalley.com/?oid=15&affid=24](https://paleovalley.com/?oid=15&affid=24)

**Promo Code: AFFILIATE20 for 20% off**

Products: Grass Fed Beef Sticks and Superfood Bars

# PINNACLE

THERAPEUTIC ROLLER SYSTEM

Pinnacle

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[Pinnacle TRS Massage Roller](#)

Products: Therapeutic Roller System

# PICKLE JUICE®

Picklejuice

[@picklejuice](#)

<https://picklepower.com/discount/UTC20>

**Promo Code: UTC20 for 20% off**

Products: Stops Muscle Cramps Immediately

# RŌKA®


ROKA

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[www.roka.com](https://www.roka.com)

To receive ROKA team pricing log in to your ROKA account, team prices will show up in your cart. To activate Full Circle Coaching membership, click "Activate ROKA Team Account" and enter **handle FullCircle and passcode 6042.**

Products at camp: swim caps and goggles





**Rooted In**

**@berootedin**

**berootedin.com**

**Promo Code: FULLCIRCLE for 20% off**

Sample magnesium lotions + presentation  
with Founder Natalie Jurado



**Rudy Project**

**@rudypjectna**

**www.rudypjectna.com/pages/vip-login?**

**team-code=fullcircle**

**Use the link for 35% off**

Stickers, water bottles, hats



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**Vitargo**

**@vitargo**

**vitargo.com/store**

**Promo code: fullcircle25 for 25%**

**off**

Products: Vitargo carbohydrate drink  
mix

# Coach Erinne Guthrie



**Coach Erinne Guthrie** specializes in optimizing the performance and well-being of triathletes, employing a unique blend of triathlon-based training and holistic lifestyle principles that have yielded remarkable results for thousands of athletes worldwide.

As Full Circle Coaching, LLC's founder and chief RESULTS officer since 2009, Erinne brings over 27 years of personal racing experience, comprising over 360 races and numerous podium finishes. Drawing from this extensive background, she empowers her clients to achieve their full potential across any finish line they aspire to cross. Having encountered setbacks such as overtraining, poor nutrition, and injury, Erinne is dedicated to advocating a balanced approach to an active lifestyle, emphasizing the importance of avoiding illness, injury, and burnout. Her commitment to this philosophy is evident in her contributions to the triathlon community through free clinics, engaging social media content, and participation in events alongside physically challenged athletes and children.

Continuously seeking new challenges, she often races as a part of Team Thumbs Up International, and in 2022, she raised over \$128,000 For 4KIDS by riding her bike as part of a team of 4 cyclists 3000 miles in 7 days.

A native Floridian with a profound love for the ocean, Erinne can often be found surfing and free diving in destinations like the Bahamas or Hawaii, sharing these adventures with her daughter and sisters. Erinne studied Exercise Physiology in the Master's Program and has a Bachelor's Degree in Anthropology from the University of Miami.

.With a mantra of daily service to the world, Erinne challenges others to embrace opportunities for making a positive impact through Triathlon. Are you ready to join her in this endeavor?

## Education/Certifications

- University of Miami- 3 years in Exercise Physiology Master's Program, BA in Anthropology
- USA Triathlon Level 1 Coach, 1999
- USA Triathlon Level II Coach, 2001
- Paul CHEK Holistic Lifestyle Coach, Level III, 2009
- ACSM-Health Fitness Instructor, 1995
- USA Cycling Federation Cycling Coach, 1999
- PR/First Aid/AED/ First Responder
- Metabolic Efficiency Specialist
- USMS Masters Swim Coach Level II

## Experience

- Coached 1000's athletes Sprint Distance to Ironman since 1997
- USAT Level I and II Coaching Seminar Speaker
- Nationally Ranked Amateur Triathlete
  - 2 x Team USA Triathlon World Championship Qualifier
- Race over 360 Triathlons/ endurance events
- 100's of Podiums
- USAT Florida Regional President 2005 - 2006
- Creator of Triathlon Transformation 16-week Training Program that helps busy Triathletes get faster in less time without injury or burnout
- Swim, Bike, Run, Strength, and Nutrition Essentials Programs



# Coach Dennis Phipps

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## **Full Circle Coaching – USA Cycling Level I Coach Dennis Phipps**

Certified Personal Trainer since 2001, a Cycling Coach who specializes in helping cyclists and triathletes dial in their best bike fit and training to achieve their ultimate performance.

He is a USA Cycling Level I Coach, a certified Personal Trainer since 2001 and Pro 1,2, 3 Cyclist. He has over 15 years of experience in fitness, cycling and triathlon. Many of his clients state that the key to their overall improvement happened after having a proper bike fit by Coach Dennis. His coaching motivation comes through the success of his clients. He guides each of them toward their personal goals and highest physical potential.

# Coach Jacquelyn Schwartz

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## **Full Circle Coaching – Coach Jacquelyn Schwartz**

Coach Jacquelyn (Jac) studied Exercise Physiology and Strength and Conditioning at the University of Miami. Jac has been swimming competitively and recreationally since the age of 6 and started racing in triathlons at 19. In college she participated at Collegiate Club Nationals three times and was the president of the student led club triathlon team, Tricanes. She has competed in every distance triathlon from draft legal sprint world championships to Ironman. Most recently she finished Ironman California in 11h36. Jacquelyn now lives in Denver, CO.

Jacquelyn is a certified strength and conditioning specialist and has experience training various populations including collegiate athletes in sports performance and injury prevention exercises. She is excited to help the tribe because healthier, more balanced, and happy athletes.

### Strength and Conditioning Specialist

- Master's Degree in Exercise Physiology, Strength and Conditioning, and Fitness Entrepreneurship
- Bachelor's Degree in Exercise Physiology
- Certified Strength and Conditioning Specialist (CSCS)
- American Red Cross Basic Life Support (BLS)/CPR Certified

# Coach Nico

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## **Full Circle Coaching – Certified Personal Trainer Coach - Nico Aguilar**

USAT LEVEL 1 CERTIFIED COACH, CERTIFIED PERSONAL TRAINER & NUTRITION COACH

Nico was born in Venezuela and grew up in Italy; and has been a fitness enthusiast since an early age when he started playing soccer and bodybuilding. Later, he became involved with coaching and endurance sports (marathons and triathlons) and pursuing studies in spirituality, psychology, and mindfulness. He started formally working in the fitness industry in 2009, teaching group exercise, and has continued his development in the industry ever since.

Currently, Nico is a USA Triathlon Level 1 Coach, a Certified Personal Trainer and a Certified Nutrition Coach from the National Academy of Sports Medicine. Nico's education includes a Bachelor's in Psychology specializing in Substance Abuse Studies and an MBA in International Business. Professionally, he has broad experience ranging from entrepreneurship to social services, focusing on mental health, substance abuse recovery, and homelessness.

Nico's mission is to "live, love, inspire and empower." He is passionate about helping others in their personal development and specializes in a holistic approach to training mind, body, and spirit for optimal well being.

Nico has run several marathons, with a PR of 3:59:57 at the Berlin marathon. His half marathon PR is 1:46 (and chasing the sub 1:45:00); he has completed 2 Half Ironmans with a PR of 5:31:24).

Coach Nico aspires to compete as many marathon majors as he can, to complete 70.3s in all corners of the planet, and to complete at least one IRONMAN by his 50th birthday.

# Bicycle Safety

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As our group rides become larger it becomes more and more important that participants are aware of certain guidelines to insure a safe ride for everyone. Please be advised that these guidelines are mainly common sense and are meant to take as much risk as possible out of riding with a group of people.

- 1... **ALWAYS** wear a helmet. Disregard for one's own safety does not instill confidence among one's ride companions.
- 2... **ALWAYS** use lights if riding in darkness. Riding without is just plain stupid. Plus, it's against the law.
- 3... **NEVER** use headphones when riding. Being aware of one's surroundings is essential to survival on the roads. Again, it's against the law.
- 4... **NEVER** use aerobars in a pack or paceline unless leading. One needs complete control and quick access to brakes when riding inches away from another rider. Pull out and ride beside the group if you **MUST** ride on your aerobars. When rejoining the paceline, do so from the rear.
- 5... **ALWAYS** call out hazards to the group. Potholes, bumps, debris, etc. are not readily visible when back in the pack.
- 6... **ALWAYS** be prepared to stop or slow down at intersections. Lead riders have the responsibility to check for traffic and call out the situation (i.e. "clear!" or "car left!"). Lead riders should not call "clear" unless intersection is clear for the **WHOLE GROUP**.
- 7... **The call of "car back!"** indicates a car approaching from the rear. Tighten up to the right of the roadway and make room. Sharing the road is a two-way proposition and being courteous just might rub off. Regardless, a 20lb bicycle is no match for 2 tons of steel. The cyclist will **ALWAYS** lose. Remember this whenever riding on the roads.
- 8... **NEVER** overlap wheels! One's front wheel should always be **BEHIND** the rear wheel of the rider in front of them. Overlapping is just asking for a crash.
- 9... **When pulling at the front, maintain the pace.** Don't try to be a hero. Pull off and drop back before the pace slows down. This keeps the paceline steady and discourages others from pulling out and moving to the front. A series of short, steady pulls is much better than someone staying on the front too long and pulling at an erratic, uneven pace.
- 10... **After a turn at the front,** pull off and drop to the rear of the paceline to work back to the front. Keeping the paceline organized and orderly increases the efficiency and safety of the ride.
- 11... **Sprints, and other racing from the pack are common,** especially when out of the city on open roads, but get out of the paceline when doing so and always rejoin the pack at the rear. Following these simple guidelines will help keep our rides safe and more enjoyable for everyone. Please use courtesy and common sense.

# Climbing Bike Tips

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Climbing hills on the bike is definitely a skill that many cyclists don't have if they live in a flat area and only ride flat routes. Here are my top tips on how to climb better with more efficiency and use different methods of climbing to get stronger. Safety is always first!

**Mental Attitude:** Your mental attitude toward the climb can affect everything. The best thing is not be in a hurry to get to the top unless you are in epic fitness and have been doing hill climbs for 4-6 weeks at all out intensity. I always say, let the hill or climb come to you. Tackle it one pedal stroke at a time, stay relaxed, and use even intensity/power and breathing. If you have a full day of climbing ahead of you, you need to pace yourself and give your legs a chance to survive the day, get stronger and not have to get off and walk!

**Seated vs. Standing Climbs:** You want to stay seated as much as possible because your heart rate stays in control and you can keep your momentum going. There are times however when you just have to stand up to get your cadence or RPMS going a little faster, or your butt hurts, or you are almost to the top and just need to eek it out. When you stand up, stay relaxed and use your upper body and the bike to help you rock back and forth and apply pressure with your whole body on the down stroke and then again on the next pedal stroke. Doing standing repeats is a great way to just get stronger climbing on the bike as well.

**Too Steep:** When it's just too steep there is a last resort to getting off and walking up the hill. Try slaloming up. What that means is don't take a straight path up. Ride on a diagonal to the incline for 5-6 feet and then switch back in the other direction to help reduce the steepness and allow you to get your pedals turning over. This works like a charm on the biggest climb we have in Florida, Sugar Loaf Mountain.

**Gearing:** It can be very helpful to have a bigger cassette or set of chain rings on the back wheel if you are going to be climbing a lot (a 12/28). Also knowing when to shift is important. If you do not have a ton of fitness on climbs and want to survive a long week of training, I suggest riding mostly in the small ring up front and keeping your cadence 90 or above, even on the climbs if you can. Climbing in the big ring up front definitely fatigues the legs faster but you definitely want to use the big ring on your descents to power over the top and take advantage of your downhill and recovery.





# Climbing Bike Tips

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**Downhill:** Riding downhill is fun and can provide a much needed break from the uphill climbing. Please ride downhill with caution as your bike can get a little wobbly with speed. Hold your line, communicate with other cyclists you are passing. If you want to descend fast, go in the big ring pedal hard over the top and coast with feet parallel, tuck at the waist and squeeze the top tube with your knees. If you are being more cautious, stay upright in the saddle to catch more wind, keep one foot down with weight on it as if standing on it, keep your butt in the saddle and feather the brakes until you get to the bottom. If you get good at descending you can take advantage of getting momentum to climb the entire next hill without much effort. As you get toward the bottom of the hill, grab harder gears and start pedaling. As it starts to get harder, drop 1 gear at a time and keep pedaling with a high cadence and see how far your momentum can carry you.

**Position in the saddle:** Be sure when you are climbing to push back in the saddle and keep your heels down. This is so you can access all the muscles in your legs.

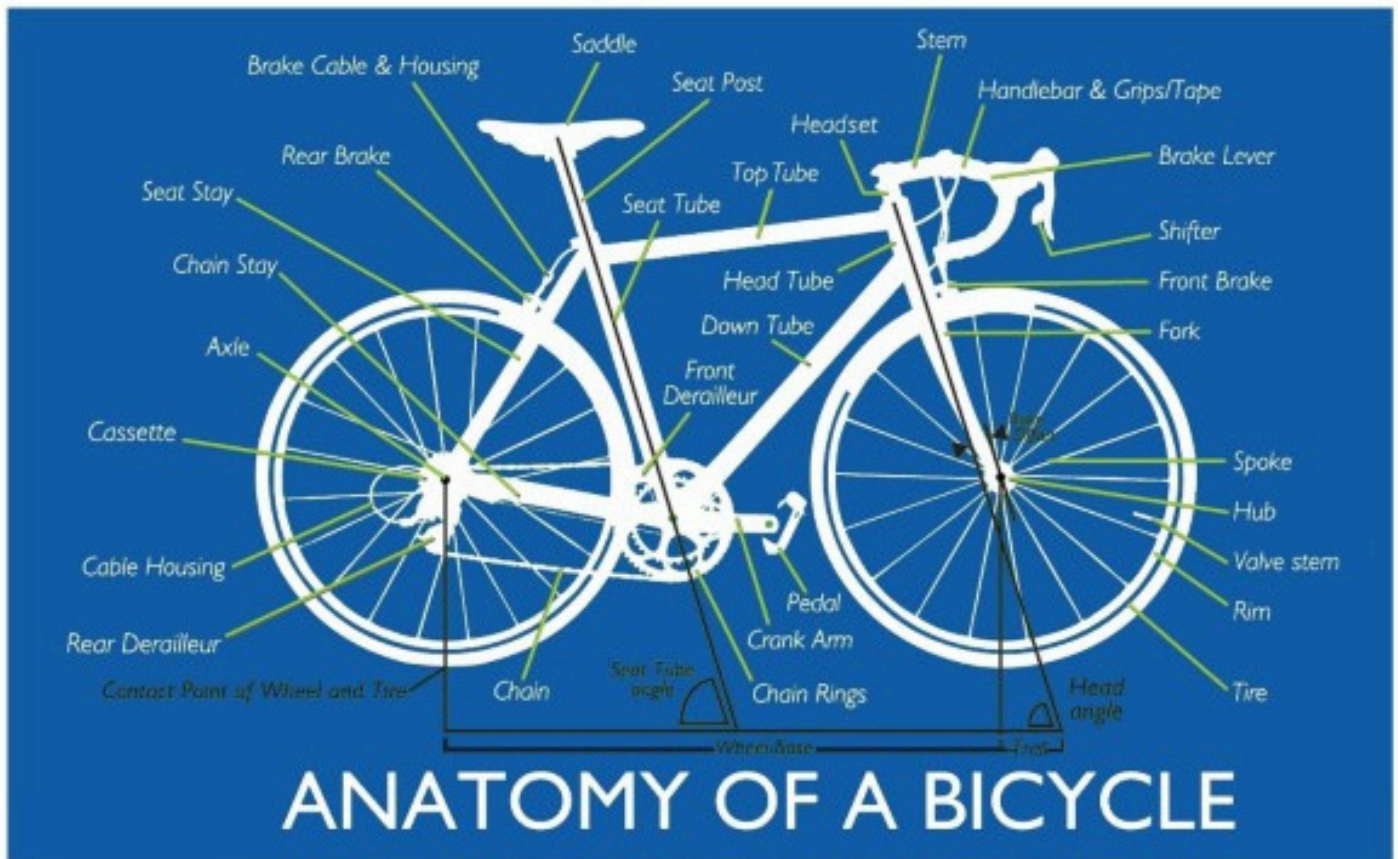
**Drafting:** Getting close behind another rider who is of similar ability to you up a climb can actually help you pace yourself and stay consistent in your pedal stroke all the way up. But, if they are going too fast and you can't keep up, you can blow up. SO decide early if you are sticking with the pull up the hill or ask the rider in front to slow down just a bit to keep you together. Definitely worth the draft if you can keep it.

**Eating and Drinking:** Plan these for the flats or the gentle downhills or breaks in the ride. Being able to ride with 1 hand to drink is very important so you don't get dehydrated during the ride.

**Regrouping after a climb:** It's always polite to wait for the cyclists that got dropped on the climb and pedaling slowly at the end of a series of hills can allow the group to get back together and finish strong together. Nothing worse than seeing the group you're riding with just 200 yards ahead and not being able to bridge the gap. Always look back for dropped athletes and get the group back together.



# Anatomy of a Bicycle



## BICYCLE CLEANING ESSENTIALS



degreaser for chain / tires  
\$3.99



Ozzy Outdoors Bicycle Chain Cleaner  
\$12.77



car wash  
\$4.89



Dry Lube  
\$3.99  
2oz  
amazon



adhesive remover  
\$4.39



metal polisher  
\$8.99



any good carwax



leaf blower or old beach towel



old tooth brush



small rag



old cotton t-shirt



# C.H.E.K. Approach in a Nut Shell

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## The C.H.E.K. Approach in a Nut Shell

*To achieve optimal health and fitness, apply the following nutritional principles:*

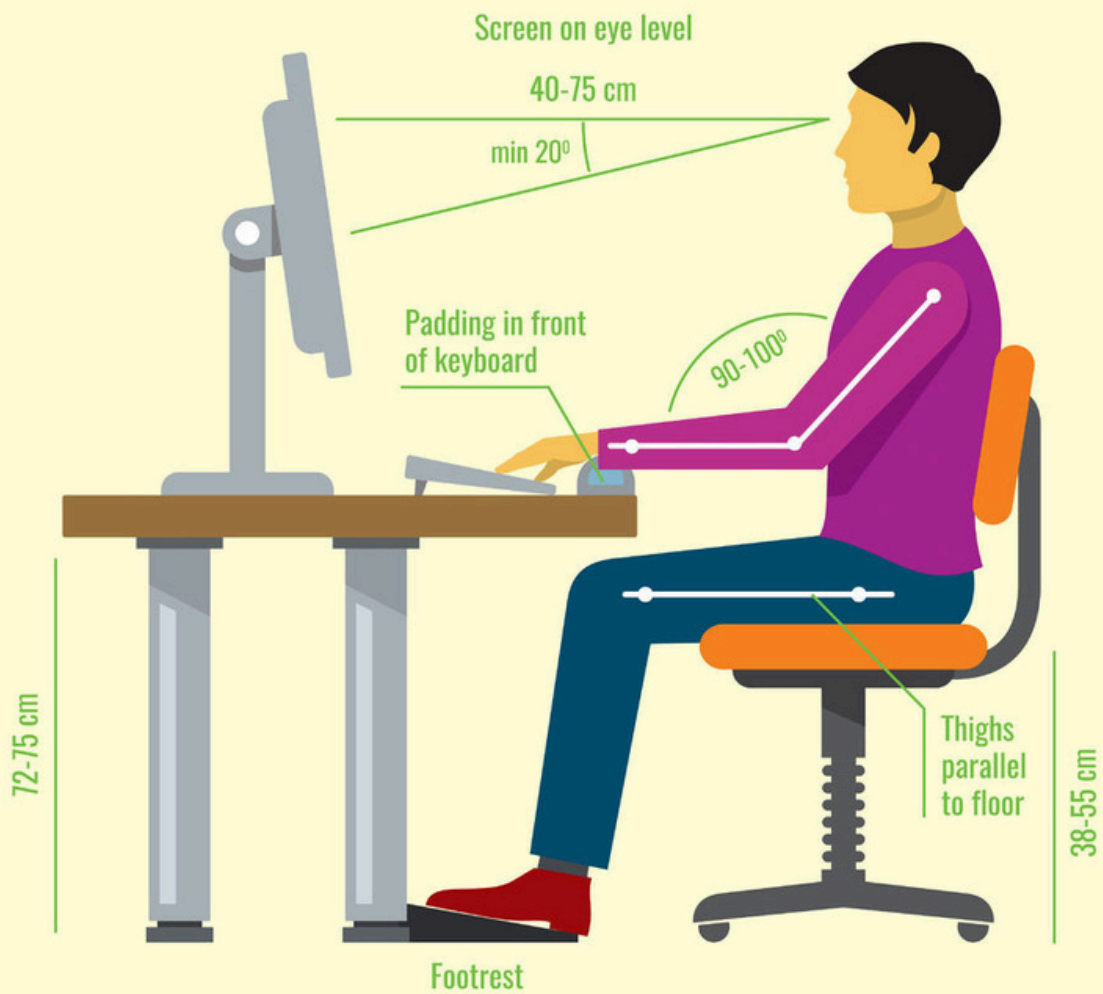
1. If it's white, don't eat it! The three white devils are white flour, white sugar and milk processed by pasteurization and homogenization. If you must use a dairy product and can't acquire raw dairy, always choose Certified Organic as your first choice. Additionally, those that are milk (lactose) sensitive should use full fat cream, which is very low in lactose and high in fat. You can also use a high-quality yogurt, in which the lactose is predigested.
2. Avoid any food made from any of the white devils!
3. If you can't pronounce a word on the label, don't eat it - your liver won't like it!
4. If it wasn't here 10,000 years ago, don't eat it!
5. If it's sweet, but it's not freshly squeezed juice, it's sugar water! Don't drink it.
6. The longer the shelf life, the more harmful it is likely to be to your body!
  - If irradiated, don't eat it!
  - If pasteurized, it's not good for you. Ultra-pasteurized is very bad for you!
  - Unless packaged in glass, the longer it's been in the package, the more toxic it is.
7. Aside from good water, if you are eating a food that is clear - disease grows ever near! For example, clear apple juice, clear honey and clear hydrogenated oils are all garbage foods to be avoided.
8. Choose produce and meats in this order:
  - Certified Organic Produce:
  - Organic: Organic
  - Locally Farmed: Locally Farmed - Free Range
  - Commercial: commercial - Hormone Free
9. Always season foods and water with 100% unprocessed sea salt. The best is Celtic, followed by sea salt from New Zealand because heavy metal toxicity is lowest there.
10. Drink 1/2 your body weight in pounds in ounces of water daily. For example, a 200-pound man needs to drink 100 oz.
  - Nothing substitutes for water, not tea, not juice, not beer....nothing!
  - Always choose the top selling brands such as Evian, Fiji, Trinity and Volvic because they sell the fastest and therefore have the least exposure to plastic bottles.
  - Always buy water in glass if possible.
  - The most health-giving waters have a hardness factor of 170 mg/L or > and a Total Dissolved Solids (TDS) of 300 or >.
  - Adding a pinch of two of quality sea salt to water is recommended to replace electrolytes.
  - Additionally, it will harden otherwise good, but soft waters and will significantly increase the TDS.
11. Follow 80/20 Rule: If you live right 80% of the time, you can absorb the other 20%!
12. Always eat right for your metabolic type.



# Proper Posture



## CORRECT SITTING POSTURE

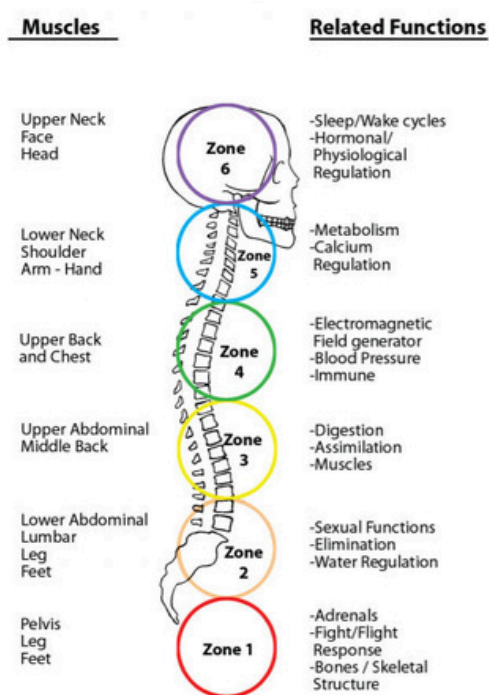


# How to Work-In

## The definition of a "Work-In" Exercise:

Any exercise that can be done on a full stomach that does not elevate heart rate, nor elevate respiratory rate. "Work-In" exercises leave you with more energy than when you started.

### Zone Exercises



### Zone Related Issues

Zone 6 Mental congestion, lack of mental clarity or creativity

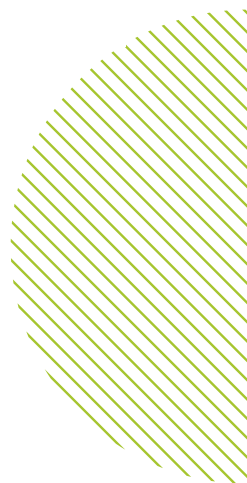
Zone 5 Communication

Zone 4 Stress over relationships and love

Zone 3 Personal power and self will, digestion

Zone 2 Stress over relationships and sex

Zone 1 Financial stress



# Holistic Principles for Health & Wellbeing

## Holistic Principles for Health & Wellbeing:



### 1. THOUGHTS

The biology of your body is linked to your mind – **healthy thinking produces a healthy body.**



### 2. BREATHING

Optimal breathing maximizes THE most important nutrient, oxygen; removes waste & energizes your body.



### 3. HYDRATION

**The best solution for pollution is dilution** – water is an essential cleaning agent for the body.



### 4. NUTRITION

Whole, organic foods eaten according to your Primal Pattern Diet Type fuel your body for success!



### 5. EXERCISE

Exercise pumps your organs, removes waste, improves metabolism, and cultivates energy.



### 6. SLEEP

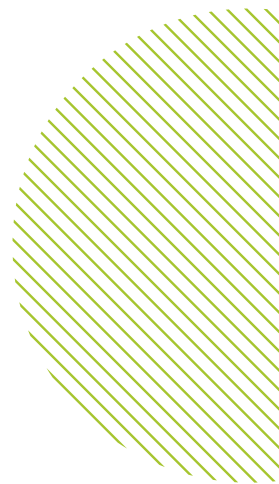
We don't get stronger when we work out, **we get stronger when we rest!**

8 hours of sleep each night is essential for rest & repair.

**Limit EMF** after 7 pm.

("Electromotive Force" that measures the energy that causes current to flow through a circuit. Also known as voltage)

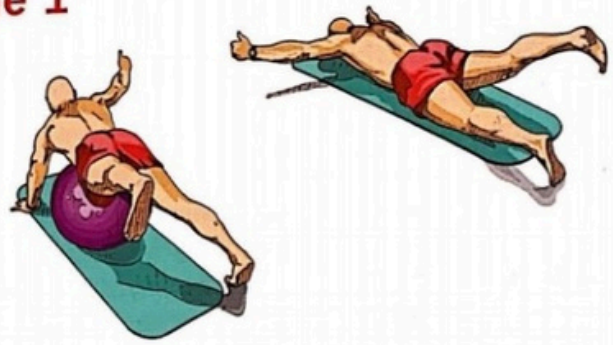
Block **blue light** from computers with *Gunnar Glasses* and *EMF protectors*.



## Zone 1

### Superman

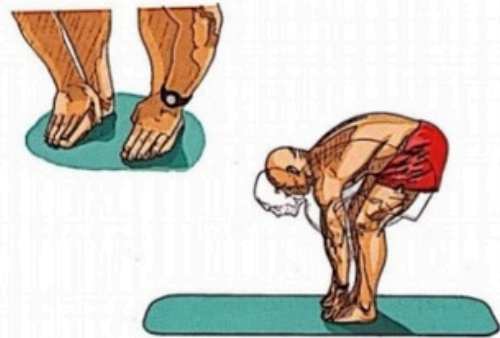
- Start face down on the floor, or over a Swiss ball.
- Inhale as you lift your left arm and right leg so that they are at about the same height.
- Your arm should be at a 45-degree angle from your head with your thumb pointed up.
- Pause both breath and movement at top, then exhale as you slowly lower the arm and leg. Pause at bottom. Repeat on the other side.



Tempo	Duration of inhalation up should match exhalation down
Reps	2 - 10 minutes each side

### Qigong Toe-touch

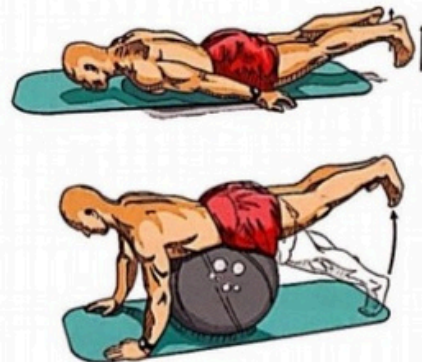
- Stand with your feet together.
- Slide your hands down your legs, bending your knees.
- Place your hands directly over your toes, fingers aligned with toes. If can't touch your toes, allow your hands to comfortably rest on your ankles, shins or knees.
- Inhale, raise your hips up and roll slightly back on to your heels until you feel a stretch in your hamstrings.
- Exhale and drop down again, rolling slightly forward toward the balls of your feet. You may slowly move your head and hips in a circle as you perform the exercise.
- This exercise is contraindicated for anyone with a disc pathology or pain when flexing your back.



Tempo	Natural breathing pace
Reps	2-20 minutes in total

### Leg Raise

- Start face down on the floor or over a Swiss ball. Place palms of hands facing down is lying over a ball.
- Inhale and raise your legs up in the air. Exhale as you lower your legs back down.
- If you are lying on the floor, your forehead stays on the mat. On a ball, your eyes look down the entire time, keeping your neck in a neutral position. Your head should not drop down or raise up.
- Your upper body acts to support you while you pump the hip and low back extensors to bring energy into Zone 1.



Tempo	Natural breathing pace
Reps	2-20 minutes in total

6



## Hip Extension

- Start by laying on your back on the floor. Or sit on a Swiss ball and roll back so that your upper back, shoulders and head rest on the ball.
- Inhale as you pick your hips up so that your shoulders, hips and knees are in a straight line.
- Exhale as you slowly drop your pelvis straight down to the floor or as low as you comfortably can on the ball.
- You should not roll forward or backwards on the ball as you perform the exercise. Keep your head and upper back on the ball and your shins vertical at all times. It is okay if the ball rolls slightly forward as you drop down, but your knees should not move in front of your feet.



Tempo	Natural breathing pace
Reps	2-20 minutes in total

## Wall Squat

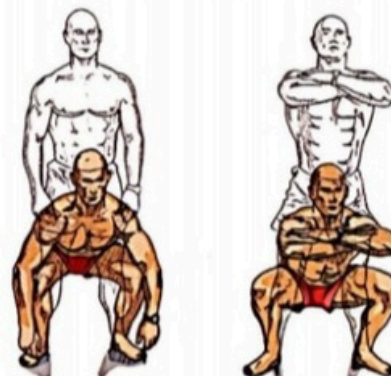
- Stand with your back against a Swiss ball, supported by a wall.
- Inhale, then squat down as you exhale. Go only as low as you comfortably can. When in your lowest position, the ball should never push your head forward. If it does, start with ball placed lower on your spine and try again.
- Keep your knees aligned with your second toe and do not let them drop in towards each other. You should not feel any discomfort in your knees.
- Stand up again slowly.



Tempo	Natural breathing pace
Reps	2-20 minutes in total

## Breathing Squat

- Take a comfortable stance, wide enough to squat down between your legs. Place your arms at your sides, or let them hang so they go between your legs as you squat. You may also hold your arms up in front of you as shown.
- Inhale, then lower yourself down as you exhale. Go as low as you comfortably can, pause, then inhale as you return to standing.
- Repeat at the pace you naturally breathe. Breathe through your nose. If you need to exhale through your mouth, keep a little tension in your lips.



Tempo	Natural breathing pace
Reps	work up to 100

## Zone 2

### Feldenkrais Hip/Pelvis Integrator

- Lie on your back and bend your left leg, with your left arm at your side.
- Gently push onto your left foot so that you just barely lift your pelvis up as you inhale.
- You should use as little effort as possible; imagine that you have a puppet string attached to the front of your pelvis, that it is lifting you up.
- Progressively roll your pelvis over and lifting just one vertebra off the ground with each repetition and inhalation. Lower the vertebrae one at a time in the opposite order, as you exhale.
- Make sure to relax. With each rep, allow your hips and chest to open up. Switch sides and repeat.

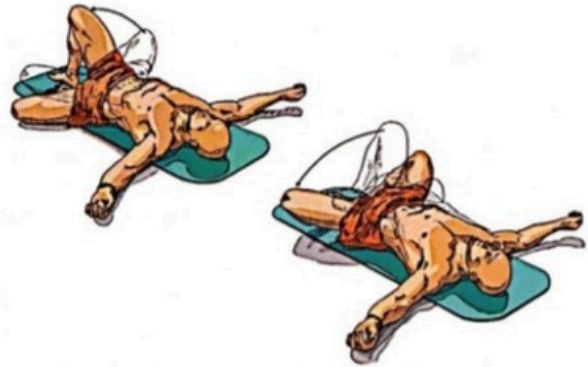


Tempo	Natural breathing pace
Reps	1-10 minutes per side or until you roll onto your side

6

### Alternating Leg Drop

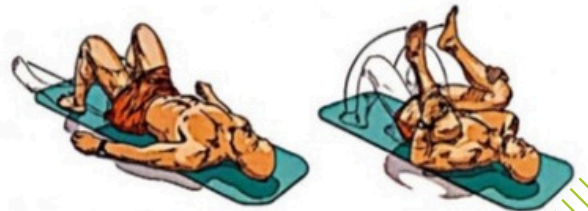
- Lie on your back with arms out forming a T and palms up. • Bend your knees, keeping your feet together.
- Starting with your knees touching, let one leg lower gently as you inhale; let the weight of the leg roll your pelvis as your leg approaches the floor.
- Exhale as you raise your leg back to the starting point. Your feet should stay together throughout.
- Inhale and repeat the movement on opposite leg.
- Keep your low back & abdominal muscles relaxed and use minimal effort. If your groin is tight, the up-leg will be pulled past center. Just relax, let it flow with the movement and settle where it naturally wants to, so you don't create tension that stops your spine & pelvis from rotating naturally.



Tempo	Natural breathing pace
Reps	1-10 minutes per side

### Leg Tuck

- Lie on your back with your knees bent, and your arms down by your side, palms facing the ground.
- Inhale, then exhale as you draw your legs towards your armpits.
- Inhale as you return your legs to the floor and pause before repeating. Keep effort minimal during the exercise.
- If you have a lumbar disc injury or if flexing your spine bothers you, do not do this exercise.



Tempo	Natural breathing pace
Reps	2-20 minutes in total

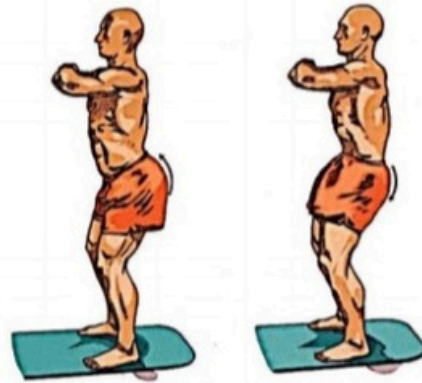
- If you have any pain with flexion of your legs, hips and spine during this exercise, it should be stopped until you are cleared by a physician.



## Pelvic Rock Exercises

### Front to Back

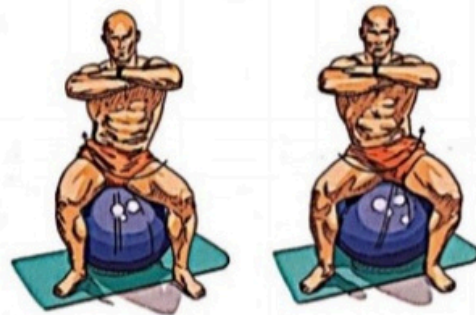
- Stand with soft knees, or sit upright on a Swiss ball.
- Inhale and rotate your pelvis forward (imagine that you have headlights on your butt and shine them up).
- Keep your trunk still as you move your pelvis.
- Exhale and rotate your pelvis back (shine the headlights down).
- Your arms may be held as shown, or hanging relaxed at your sides



Tempo	Natural breathing pace
Reps	2-20 minutes in total

### Side to Side

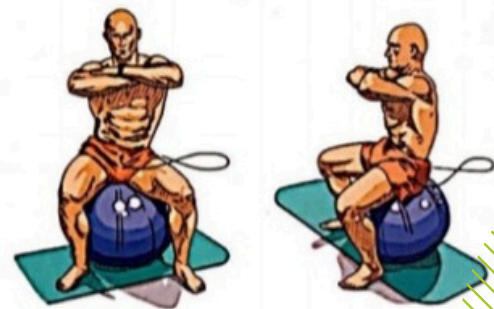
- Inhale and lift one hip up as you exhale, then return to the start position.
- Inhale and lift the other hip up as you exhale.
- Repeat going side-to-side.
- Your arms may be held as shown, or hanging relaxed at your sides



Tempo	Natural breathing pace
Reps	2-20 minutes in total

### Figure Eight

- Complete a figure eight, moving front-to-back and then side-to-side.
- When creating figure 8s with your pelvis, go slowly enough to time your breathing to the movements. When your abdominal muscles are contracting, breath out. When your back muscles are contracting and your abdominals are lengthening, breath in.
- Your arms may be held as shown, or hanging relaxed at your sides

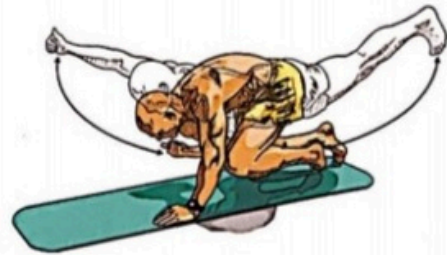


Tempo	Natural breathing pace
Reps	2-20 minutes in total

## Zone 3

### Horse Stance Dynamic

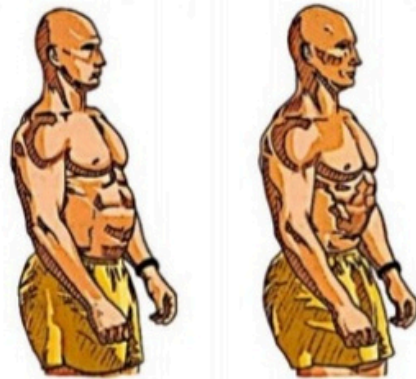
- On your hands and knees, place your wrists directly below the shoulders and your knees directly below the hips.
- Your legs should be parallel and elbows should remain turned back toward your thighs with your fingers directed forward.
- Inhale and raise your right arm up and out to a 45-degree angle and lift your left leg as high as you can without your pelvis swaying to the side.
- Exhale and tuck your elbow and knee in under your torso so that the elbow goes past the knee. Use your abdominals to pull you to the end of the movement.
- Repeat set on one side, rest and repeat on other side.



Tempo	Natural breathing pace
Reps	1-10 minutes per side

### Piston Breathing

- Stand or sit in a relaxed, upright posture.
- Begin by practicing a few full diaphragmatic (belly) breaths; the first 2/3rds of the breath from belly expansion, and only let the chest rise during the last 1/3rd, once the belly is fully expanded. Don't force the breath so that neck muscles contract and stick out.
- Take quick inhales and exhales out through nose to pump abdominals. This breathing is much like a dog smelling something. Start slowly and build the speed of your inhale/exhale cycles, being aware that your abdominals expand as you inhale and contract as you exhale, ideally through your nose. It is a good idea to blow your nose before you do this exercise!
- Alternatively, inhale a full breath, then exhale out in a series of short exhalations, until all the air is out of your lungs. Repeat.
- Start by doing the exercise for 10-15 seconds; the increased oxygen can make you feel high or dizzy. As you feel more comfortable, extend the amount of time to 1 minute, or what feels good to you.



Tempo	With the breath as described
Reps	Up to 100 pulses or 1 minute



## Swiss Ball Crunch

**Caution:** If you get dizzy when looking up at the sky or reaching into cupboards overhead, you may move a little more forward on the ball to perform this exercise. Stop this exercise immediately if you feel dizzy. This indicates a decrease in the blood supply to the brain and may be a symptom of vertebral artery occlusion. Consult your medical professional or C.H.E.K Practitioner.

- Lie over a Swiss ball so that your back is comfortably on the ball. Your head should be extended back and touching the ball. If your neck is uncomfortable being extended in this position, you can either try a bigger ball, or roll the ball toward your head until comfortable.
- Your tongue should be on the roof of your mouth.
- As you slowly crunch up, imagine rolling your spine from head to pelvis.
- On the way back, unwind from the low back to your head, one vertebra at a time.
- Exhale on the way up and inhale on the way back.
- To make the exercise easier for work-in purposes, you can roll the ball closer to your head, and you can let your butt drop so your torso is on a slight incline with your head at the top.

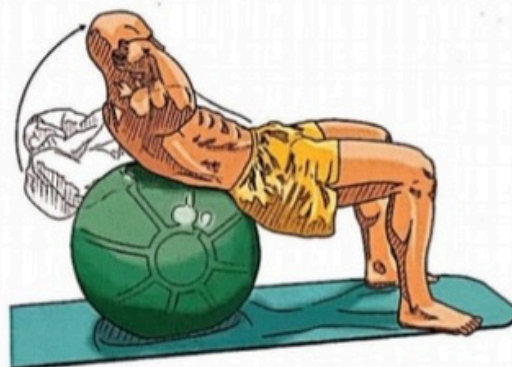
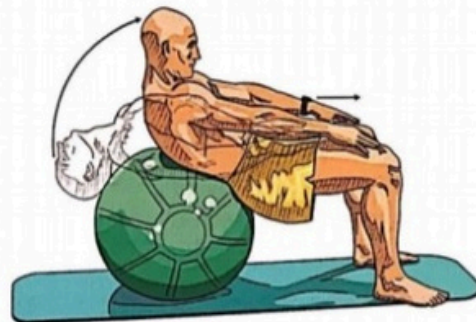
### Arm positioning:

Beginner – arms reaching forward

Intermediate – arms across chest

Advanced – finger tips behind ears (do not support your head and neck with your hands)

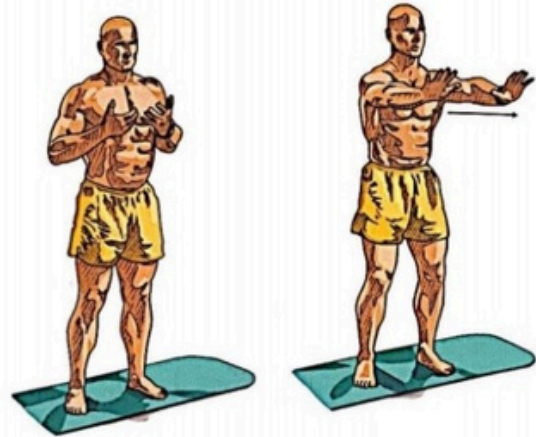
As a Work-In exercise, do not increase the intensity by raising your arms if it causes you to have a hard time keeping your heart rate and breathing rate from raising, or your movements timed to your breathing.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

## Energy Push

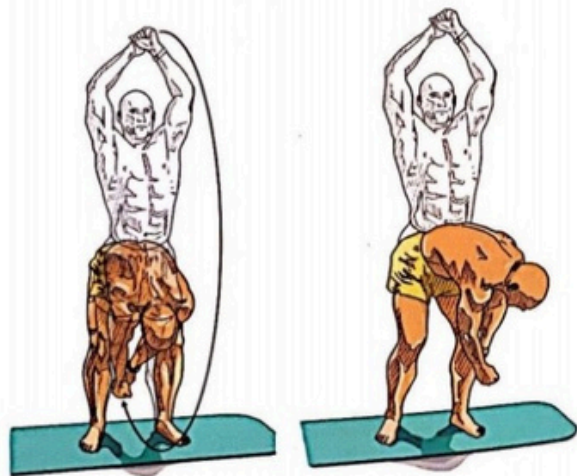
- Stand with your arms raised straight out in front of you.
- Inhale and bring your hands back in towards your abdominals. Hold your hands in a cup position; like they would look if you were to grab an upside-down cup and imagine you are both grabbing space, and drawing life-force or chi into the palms of your hands.
- Exhale and push your arms straight out with the intent of projecting energy from your core out of your arms and hands. Open your fingers and imagine you are projecting your life-force energy out of your palms like light is projected from a flashlight.
- Repeat, pushing to the center, front left, front right, back left and back right.
- As you push to the sides and back, keep your feet planted and turn your body towards the direction you are pushing.
- For the back position, only go as far as you comfortably can. Do not over-rotate your spine.
- The motion through the rib cage massages the organs of digestion.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

## Wood Chop

- Stand upright and bring your arms over your head as you inhale, with one hand over the other, or holding a very light dumbbell.
- Exhale as you come down, bending from the waist and knees (slightly) as if you were chopping wood.
- There should be a natural pause at the end of the movement when flexed, just before you begin to inhale and raise your body to the start position.
- Alternate your chopping; left, right and center.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total



## Zone 4

### McKenzie Press-up

- Lie face down with your hands just outside the top of your shoulders.
- Inhale as you push up, keeping your pelvis on the floor.
- Relax your back and butt.
- Exhale on the return.
- Note: If you are using this Zone Exercise as a spinal mobilization to centralize the nucleus of lumbar discs, then exhale as you push yourself up and inhale as you lower to the floor.



Tempo	Natural, slow breathing pace
Reps	2-20 minutes in total

### Feldenkrais Shoulder/Spine Integrator

#### Phase I

- Lie on your side with a foam roller, or towel just big enough to maintain good neck alignment, placed under your head. Your neck should be parallel with the floor.
- Your hips and knees should be at 90-degree angles, with your feet on top of each other.
- Place your top hand on your forehead and gently rotate your neck backwards as you inhale.
- Exhale as you return to the start position.
- Perform 10-20 reps, allowing your neck to rotate a little further and your arm drop a little closer to the floor each time.



#### Phase II

- Assume the same starting position as Phase I, but place your arms out in front and on top of each other.
- Inhale as you slide the top hand across the bottom arm and your body.
- Exhale as you return, sliding as far forward as you comfortably can, allowing your top hand and wrist to glide over your bottom hand.

Tempo	Natural, slow breathing pace
Reps	1-10 minutes per side

## Prone Cobra

- Lie face down with your arms at your sides.
- As you inhale, pick your chest off the floor while simultaneously squeezing your shoulder blades together and rotating your arms out so that your palms face away from your body with your thumbs pointing up to the ceiling.
- Keep your head and neck in neutral alignment, with your toes on the floor.
- You should feel the muscles between your shoulder blades doing the work. If you feel stress in your low back, squeeze your butt cheeks together prior to lifting your torso.
- Hold until you need to breathe out, and exhale as you lower your torso to the floor.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

## The Fish

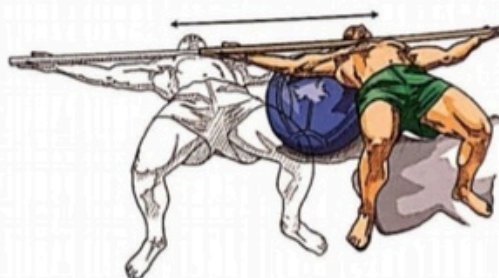
- Lie back, resting on your arms.
- Inhale, pick your chest up as high as you can.
- When you are ready to exhale, allow your body to return to the start position as you breathe out.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

## Lateral Ball Roll

- From a sitting position on a Swiss ball, roll back so that your head, shoulders and upper back are supported by the ball. Lift your hips up so that they are in line with your knees and shoulders.
- Place your tongue on the roof of your mouth and hold your body in perfect alignment (best to use a mirror). As you do the movement, your hips and arms should stay parallel to the floor. You can use a wooden dowel rod to help, as shown opposite.
- Inhale as you shuffle your feet sideways and move your body laterally as you roll slightly across the ball to one side.
- Pause at the end of your inhale, and exhale as you roll back to the center, or balanced position on the ball. Inhale and repeat to the opposite side.
- Move only as far to each side as you comfortably can without increasing the load too much to keep heart rate and breathing from speeding up. If you can only roll an inch or two to the side, that is perfectly fine.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total



## Zone 5

### Neck Ball Exercises

- Stand next to a wall or post.
- Use 50% effort for the following exercises.

#### Neck Side Bend

- Place the side of your face slightly under the ball.
- Bend your head into the ball as you exhale.

#### Neck Extension

- Place the back of your head against the ball.
- You may hold onto the doorway for support.
- Press your head into the ball as you exhale.

#### Neck Flexion

- Face ball.
- Place your tongue on the roof of your mouth.
- Push your head into the ball as you exhale.

#### Neck Rotation

- Place the side of your head behind the apex of the ball.
- Turn your head into the ball as you inhale and back out as you exhale.



Tempo	Natural breathing pace
Reps	1-10 minutes per side

## Neck Rotations

- Let your head drop down naturally as you exhale.
- Rotate it around slowly, letting it follow your natural range of motion barrier, inhale as you begin moving to the side and back.
- Start with small circles and progress to larger circles as you warm up.
- Spend extra time in tight zones; imagine that you are breathing through the tight muscles.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

## Thoracic Mobilization

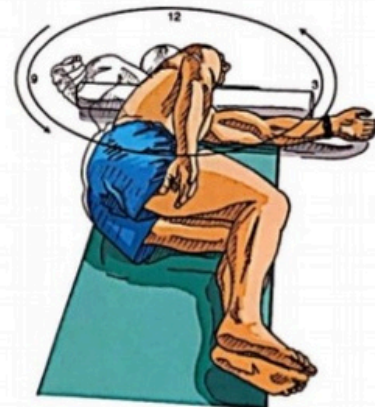
- Hold arms straight out to the side and stay as relaxed as possible.
- Inhale as you look toward your left hand and turn your right palm upward as though holding a cup of soup, while letting left hand turn over like pouring the soup out of the cup.
- Exhale as you slowly rotate your head toward the center and begin to reverse the positions of the hands.
- Begin inhaling once you pass the midline and start turning upward the hand and arm you are looking away from.
- To improve thoracic mobilization, you can put a little bit of effort into turning the hand over into supination (holding the soup), but keep the opposite pronated (pouring soup out) hand as relaxed as possible. Go slow, steady and in time with your breathing.



Tempo	Natural breathing pace
Reps	2-20 minutes in total

## Shoulder Clocks

- Stand or lie down on your side with your knees bent and visualize that your shoulder is in the middle of a clock.
- Elevate your shoulder toward your ear (12 o'clock), then roll your shoulder either forward (1, 2, 3 o'clock) or backward (11, 10, 9 o'clock) around the clock. Inhale as you move through the back half of the clock (7 - 12 o'clock) and exhale as you move through the front half of the clock (1 through 6 o'clock).
- Keep your head looking forward and hand relaxed.



Tempo	Natural breathing pace
Reps	1-10 minutes each side



## Zone 6

### Alternate Nostril Breathing

- Plug one nostril with a finger or your thumb.
- Breathe in through the open nostril. Then switch nostrils and breathe out.
- Breathe in through the same nostril that you just exhaled through. Switch nostrils and exhale. Repeat.

This exercise balances the left and right sides of your brain and the autonomic nervous system.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

### Eye Rolling

- Look to the left and inhale as you roll your eyes around in a circle.
- Start breathing out as your eyes look downward and inhale as they move upward.
- Make sure to repeat exercise in the opposite direction for the same amount of time. You may find one direction is harder or that your head wants to move in one direction; work in that direction more.

**Precaution:** If you get a headache from this exercise, consult an optometrist.



Tempo	Natural breathing pace
Reps	1-10 minutes each direction

### Cross Crawl

- Raise your arms up and inhale.
- Pick up your left leg and bring your right elbow to the left knee as you exhale.
- Inhale back to starting position.
- Alternate sides.



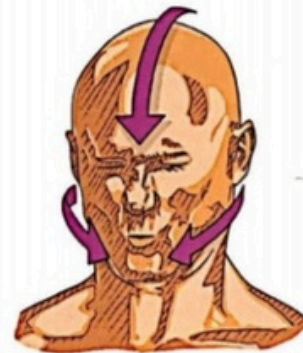
Tempo	Natural breathing pace
Reps	2-20 minutes in total

## Face Energizer

- Breathe in through your mouth while opening your mouth, sticking out your tongue and looking up toward the ceiling with progressive widening of your eyes.
- Exhale through your nose with a puckered mouth (like tasting a sour lemon) and tightening of your facial muscles while your head flexes slightly toward floor with eyes closed.

This exercise helps improve your energy if you feel tired.

6



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

## Scalp Shifting

- Contract your scalp muscles as you inhale and relax your scalp as you exhale.
- Looking up with your eyes as you contract your scalp muscles improves the energy flow.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total



# Nutritional Supplements

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Please visit [Full Circle's website](https://fullcirclecoaching.com/supplement-list/)

<https://fullcirclecoaching.com/supplement-list/>

to obtain a list of nutritional supplements recommended by coach Erinne Guthrie.

***Disclaimer:*** *These are recommendations based on personal use by coach Erinne Guthrie, not a medical doctor. Discuss with your personal physician before you begin using these or any nutritional supplements.*



# Ki-Hara Stretches



## Ki-Hara “*Kritical*” Stretches

**Meredith Bass**

**Ki Hara Trainer**

**305.205.4578**

[meredithbass27@gmail.com](mailto:meredithbass27@gmail.com) instagram: @stretchstronger

### 1. Quads at the Wall – **7 reps each side**

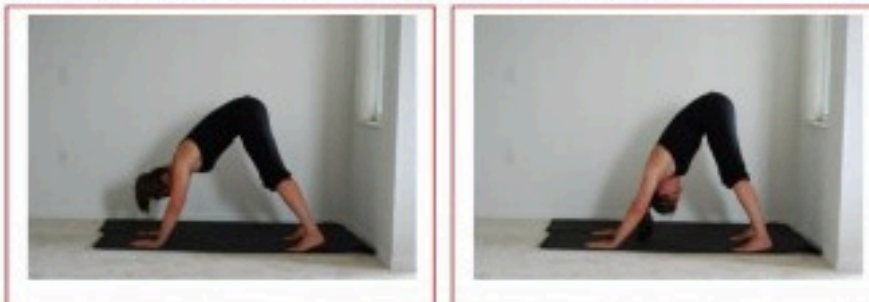
**Muscles Worked:** Rectus Femoris, Vastus Lateralis, Psoas



1. Kneel about 4 inches from the wall with padding under the knee
2. Kick the (left) foot into the wall and allow that force to move your HIPS FORWARD
3. Use the front (right) leg to beat the force of the (left) leg into the wall and sit up tall
4. Tuck the glutes & sit up tall
5. REMEMBER: the (left) leg is kicking into the wall the ENTIRE time – never stop contracting...5 out of 10
6. You should feel this down the front of the (left) leg

### 2. Resistance Calf Stretch – **7 reps**

**Muscles Worked:** Gastrocnemius, Soleus, Central Hamstrings



# Ki-Hara Stretches



1. Push hands into the ground to push you back onto your heels and then pull forward and stick your chest out to complete a repetition
2. Try to get the heels onto the ground
3. Try to tip the pelvis forward/ stick the butt out (bring the belly button to the thighs)
4. Keep your legs straight!
5. You should feel this down the back of the leg, especially the calves

## 3. Seated 4-Stretch: **2 reps in each position on each side**

**Muscles Worked:** Calves, Lower Back, Lats, Hamstrings → Fascial Stretch Focusing on Rotation



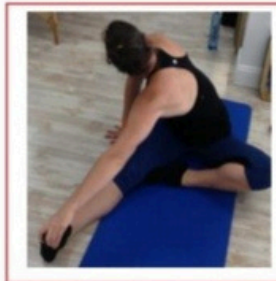
### Step 1: The Pump

- 4 position and grab outside of opposite foot (right) with (left) hand
- Pump the foot like pressing on a gas pedal while pulling back with the (left) hand
- You will feel this under the (left) arm



### Step 2: Thoracic Extension

- Same position
- Perform a thoracic extension, sticking the chest out and trying to tip the hips forward
- You will feel the mid back working and get a stretch along hamstring and calf



### Step 3: Rotate Away

- Same position
- Rotate away from the body (to the right)
- You will feel this as a stretch through the back and outside leg



### Step 4: Rotate Other Way

- Same position
- Try to bring (left) shoulder to ceiling and spin the body underneath the (left) arm by pushing the (right) elbow against the thigh
- Try to rotate as much as possible
- This is a huge fascial stretch for lats and lower back

# Ki-Hara Stretches



## 4. Internal/External Rotation – 7 reps each side

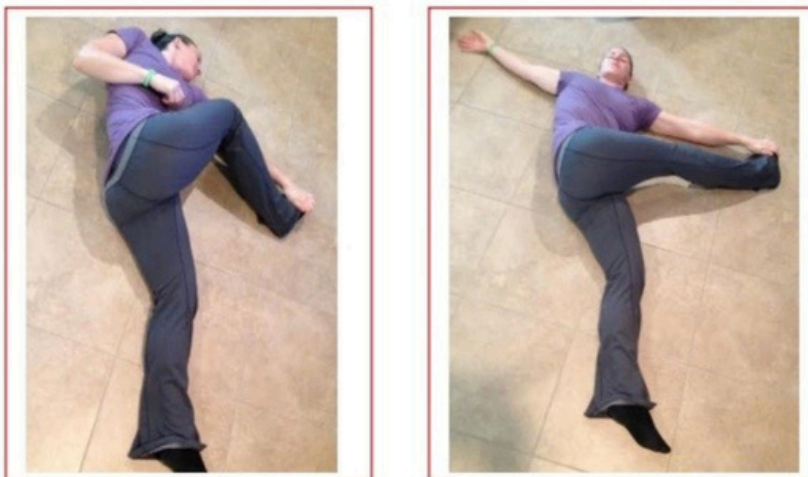
**Muscles Worked:** Vastus Lateralis, TFL, glutes



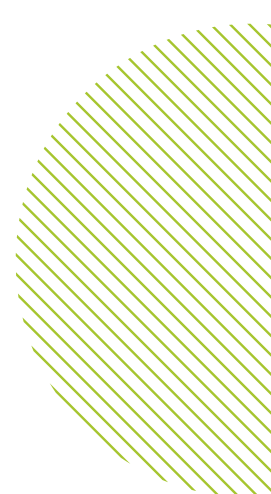
1. Push the leg on the ground (right) out as leg crossed over (left) beats the force to bring the (right) leg down toward the center line– TRY keeping the (right) hip on the ground as the leg moves internal to increase the stretch
2. Return to start position by the ground (right) leg beating the force of the crossed (left) leg
3. Keep pushing the (right) leg out and the (left) leg down as you go back and forth
4. This will stretch the (right) leg into internal rotation (you should feel it in the outside of hip area) and the (left) leg into external rotation (you should feel it in the glute area)

## 5. Side Lying Lateral Line Stretch – 7 reps each side

**Muscles Worked:** Peroneals (Lateral Calf), Biceps Femoris (lateral hamstring), Outside of Hip → Fascial



1. Lay on your (left) side
2. Grab the outside of your (right) foot with your (left) hand





# Ki-Hara Stretches



**KI-HARA**  
RESISTANCE STRETCHING

3. Kick your (right) leg straight out while pulling toward you with your (left) hand
4. Rotate your (right) arm back to intensify the stretch
5. Bend the (right) leg and bring the (right) arm back in and then repeat
6. You will feel this down the outside of the body

## 6. Hip Flexor Lunge – 7 reps each side

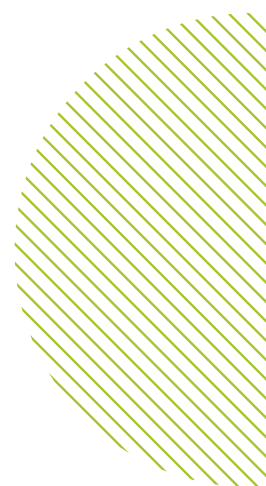
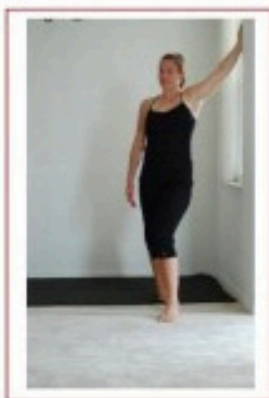
**Muscles Worked:** Psoas, Iliacus, Rectus Femoris. **\*\*Focus on strength too**



1. Kick the back leg (left) into the floor and drive the (left) knee into the chest
2. Use the front lunged leg (right) to beat the force of the back leg and pull you forward
3. Keep the glutes tucked, core tight and stay tall
4. Back leg (left) beats the force of the front leg (right) to return to start position
5. **KEEP** the (left) hip flexor **CONTRACTED** the entire time
6. Change rotations: move the back (left) foot external (toward the body) and do 2 reps; then move the back (left foot) internal (away from the body) and do 2 reps each way

## 7. Chest Stretch – 7 reps each side

**Muscles Worked:** Pec minor and major



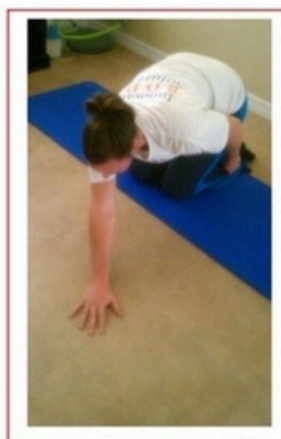
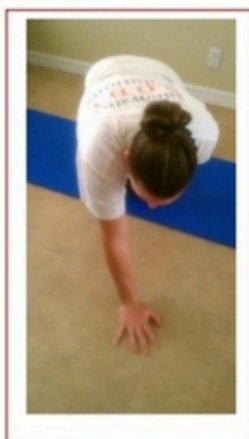
# Ki-Hara Stretches



1. Find a wall or a partner
2. Push the arm into the wall & KEEP contracting the muscle
3. Step through with the same side leg
4. You can also change the angle of the arm, moving it up or down the wall

## 8. Lat Stretch – 7 reps each side

Muscles Worked: Lats



1. Push the (right) hand into the floor, contracting the muscle
2. Keep pushing the hand into the floor as the hips pull you back to the right
3. The stretch should be just under the arm/armpit area

### Keys to "Unlock Greatness":

- Always keep a contraction in the muscle – the **WHOLE** time.
- We want muscles that are long & strong.
- Even level of resistance – "5 out of 10"
- Be smooth.
- Increased flexibility = speed, strength, skill, power, explosiveness, quicker recovery & less energy expenditure

# Brian Dubow | Founder | Speaker

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[hitofhappiness.com](https://hitofhappiness.com)

[@hitofhappiness](https://twitter.com/hitofhappiness)

Brian is the founder and CEO of Hit of Happiness Coaching and Consulting. After spending years as a Deals Consultant in NYC without finding fulfillment, Brian pivoted his career to become a Certified Happiness Coach. His core message is to do what makes you feel alive by leveraging the science of happiness. Through content (blog, podcast, social media), events, community, coaching (life, mindset, business, happiness) and corporate consulting, Brian wants to help everyone make their lives an epic and meaningful adventure. Brian is also a Marathoner and Triathlete and worked with Erinne to train for and complete the Lake Placid Ironman in 2021.



# Worksheet

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**HIT** of  
**HAPPINESS**  
REFRAME YOUR REALITY

## Ultimate Tri Camp-Happiness Seminar with Brian Dubow

What Makes You Feel Alive?

### InSPIRED Assessment

Tri

	Camp	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
Intuition										
Spiritual										
Physical										
Intellectual										
Relational										
Emotional										
Digital										

Reflections:



Reach out to Certified Happiness Trainer **Brian Dubow** (brian@hitofhappiness.com) to learn more about our services including individual life coaching and corporate happiness workshops!

[hitofhappiness.com](http://hitofhappiness.com)

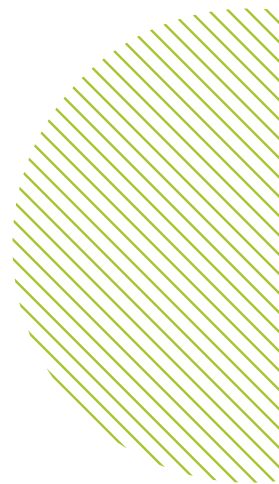




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**<https://berootedin.com/>**

Natalie Jurado is the founder of Rooted In, a line of therapeutic magnesium infused moisturizers that actively calm and relax your mood. She is a sought after thought leader, educator and speaker and has worked at the forefront of the wellness industry for over 8 years. She's considered an expert in all things magnesium and her mission is to spread awareness of this powerful mineral to all who struggle to live their most vibrant lives.



# Dr. Minkoff | BodyHealth | Speaker

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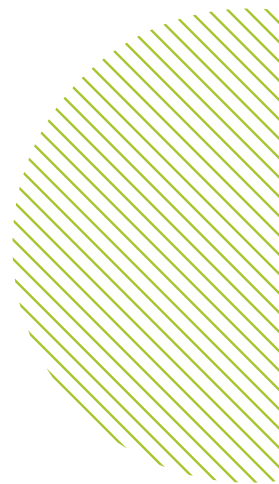
Dr. Minkoff speaks about his over 30+ Ironman experiences and how his product line can help you achieve optimum results.

[\*@bodyhealthoptimized\*](#)

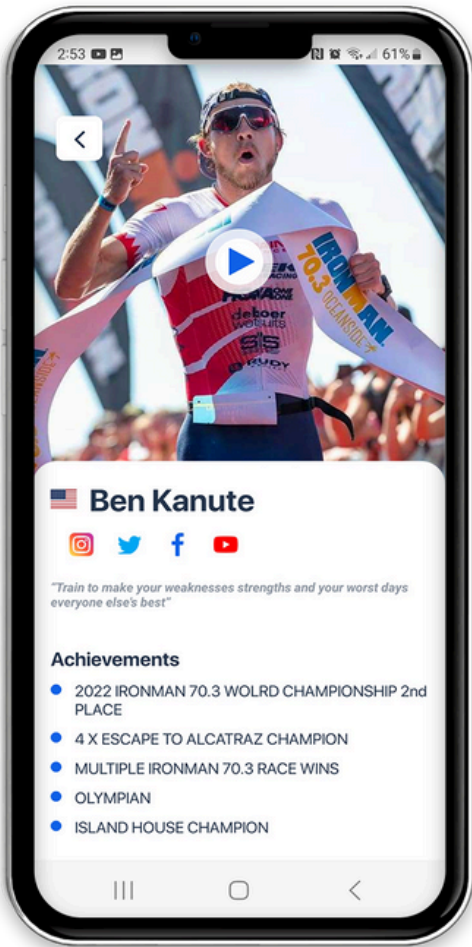
[\*@perfectamino\*](#)

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# Ben | Professional Triathlete | Speaker



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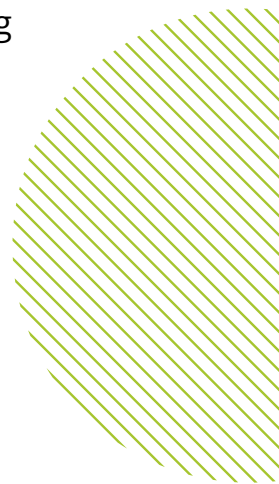




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Joe Burnham is the Field Marketing Representative at Xero Shoes. In November of 2018, he skeptically received his first pair of Xero Shoes and set out to prove they couldn't work for someone who'd had eight significant knee injuries and surgery on both knees. Eleven months later, Joe ran a 50K Spartan Ultra in a pair. In May of 2021, he joined the Xero Shoes Team because of his love for the product. Today he travels around Colorado and the United States educating people on the benefits of natural movement footwear. His current favorite bit is to tell runners not to run in our shoes. When not talking about natural movement, he's a dad who enjoys working out, reading, and seeing new places.

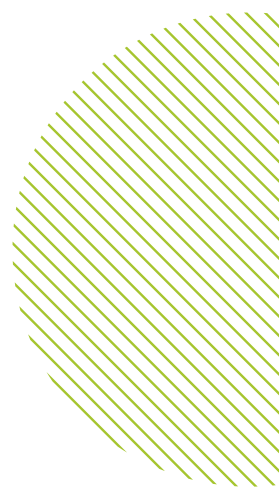






[Triumphtraining.com](http://Triumphtraining.com)

A former professional cyclist in both the United States and abroad, Andrew is currently a CHEK Master Practitioner and Holistic Lifestyle Coach Level 3 as well as one of fewer than 150 Certified ELDOA Trainers in the world. Andrew is a Leukemia Survivor since 2004 and the first (and only) Leukemia Survivor to compete at the Hawaii Ironman World Championships, win the Overall of an Iron Distance Triathlon, and complete the Race Across America (RAAM). Twice voted One of the Top Trainers in America by Men's Health, Andrew has authored two books (Holistic Strength Training for Triathlon and Spot On: Nutrition) as well as been the subject of the award-winning documentary Living is Winning.





BREATH  
*Reset*

[benpelton.com](http://benpelton.com)

Benjamin Pelton is a seasoned breathwork practitioner with over 8 years of dedicated experience, having guided transformative breathwork sessions for more than 4,000 participants. He is the creator of The Breath Reset, a profound one-hour breathwork experience designed to restore balance and rejuvenation through the power of intentional breathing.

Benjamin's journey into breathwork began as he explored various methodologies like pranayama and techniques from esteemed practitioners in the field.

His dedication to breathwork isn't just a professional pursuit but a personal journey rooted in its transformative effects on mental and physical well-being. His passion for teaching stems from his belief in the profound impact of breath as the primary life regulator.

Certified as a Wim Hof Method Level 2 Instructor and an Oxygen Advantage Certified Advanced Instructor, Benjamin combines his expertise with training in posture correction and fascia therapy, enriching his holistic approach to health and performance enhancement. He has also studied under renowned breathwork teacher Dan Brulé and holds certification in Dynamic Neuromuscular Stabilization.

Through his calm and approachable teaching style, Benjamin creates a supportive and empowering environment where individuals of all levels can explore the profound benefits of breathwork.

Join Benjamin Pelton and discover how The Breath Reset can empower you to harness the potential of your breath for lasting health and well-being.

## Haley Bouschet | Founder | Speaker

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[@haley.webre](https://www.instagram.com/haley.webre)

Hi, my name is Haley Webre Bouschet and I am 24 and live in Clermont, FL. I began teaching yoga a few years ago after graduating from YTT in Winter Garden, FL. Coming out of training, I knew I wanted to start my own Yoga Studio from the ground up! I fell in love with the spirituality, peace, and healing that yoga brings and wanted to create a space for others to experience it. So, I started Dragon Warrior Yoga LLC. I have yet to open a studio space, but for now Dragon Warrior Yoga LLC partners with companies, such as Full Circle Coaching, to bring that experience to you!





# Thank you... What a week!

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Congratulations on being a part of this amazing event. I work very hard to make it special in so many ways. I really hope you enjoyed it!

This past year has been another extremely challenging one and I know for sure how much you have struggled and grown. This camp is meant to be a time away from the struggle and a time to grow in different ways than maybe you thought were possible.

Thank you for trusting me and my team and for trying new things you maybe never have before.

The Yin and Yang in my logo is there for a reason; It's about finding the middle way, working "IN" as much as working "OUT".

Sometimes you'll be up on the crest of the wave and sometimes down in the trough, but if you listen to what your body tells you and pay attention to the guidance all around you, you can find your way back to the middle and ride the waves of success in every part of your life.

Thank you for helping me live my purpose. Nothing gives me more joy and happiness than when I see your joy and success in overcoming your limiting beliefs about what is truly possible for you.

I am eternally grateful for you, because without you there is no Full Circle Coaching.

Thank you, thank you, thank you!

Looking forward to an EPIC 2024 and so excited for all your future success!!

Wishing you well,  
Namaste

Coach Erinne



# Camper Contact List:

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<b>Name</b>	<b>Email</b>	<b>Phone Number</b>	<b>Alumni</b>
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Jacquelyn Schwartz	jac@fullcirclecoaching.com	781-354-2578	4
Nico Aguilar	nico@fullcirclecoaching.com	954-512-0062	1



# Resources:

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## **Recommended Local Restaurants**

Pepe's Cantina Clermont – 794 W Minneola Ave, Clermont, FL 34711, Ph: 352-989-4921

The Southern on 8th - 801 W. Montrose St. Clermont, FL 34711, Ph: 352-394-7777

Root and Branch - 1200 Oakley Seaver Dr #102, Clermont, FL 34711, Ph: 352-708-4529

Crooked Spoon - 200 Citrus Tower Blvd, Clermont, FL 34711, Ph: 352-404-7808

Plant Street Market 426 W. Plant St. Winter Garden, FL 34787

## **Post Camp**

Schedule a call with Coach Erinne to review videos or if you have any questions about working together.

[Click here to schedule call.](#)

## **How to recover after UTC**

I have athletes that don't fully understand the benefit of tapering for a race. They show up on race day feeling flat and tired and wonder why they don't get that podium or personal best.

It's definitely a skill to be able to tune into your body and feel if you are recovered from training or not. There are so many tools these days that you can track your training and use an APP to tell you if you should train hard or you need to recover. I use Garmin, HRV, Training Peaks to help my athletes gauge their level of fatigue but there is an inner knowing as well.

[Click here to full blog read](#)

# Add-ons schedule:

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## MASSAGE SCHEDULE

### Thursday February 20, 2025

- 3:00pm-4:00pm Montse 1

### Friday February 21, 2025

- 11:30am - 12:30pm Richard
- 12:30pm - 1:30pm Richie
- 3:30pm - 4:30pm Montse 2
- 4:30pm - 5:30pm Maria

### Saturday February 22, 2025

- 1:00pm - 2:00pm Marcel
- 2:00pm - 3:00pm Montse 3
- 3:00pm - 4:00pm Erinne

## STRETCH SESSIONS

### Friday February 21, 2025

- 4:30pm - 5:00pm Montse session with Erinne

### Saturday February 22, 2025

- 2:00pm - 2:30pm Montse session with Erinne



*Save the  
Date!*

ULTIMATE TRI CAMP  
2026

*See you there!*  
CLERMONT, FL

