



THE TRIPLE CROWN:



ENDURANCE BOOT CAMP

AUG. 18—OCT. 25

The number three has always been a favorite of humans. For some reason, the number 3 has worked its way into virtually all areas of society, sometimes with an obvious meaning...and sometimes not so obvious meaning. There are three strikes in baseball, three wishes granted by the genie, the three musketeers, three elements—Earth, Wind and Fire, three wise men, the hat trick, the trifecta, the triangle, the third time's a charm, and of course, the **Triple Crown**.

The "Triple Crown" is an unofficial title given to someone who wins three major championships in the same year. This year in Endurance Boot Camp you will be challenged to get strong and stay strong in order to run in three different half marathons or 10Ks over the course of the 10 week program. The events that you will train for are the **Tough as Granite Trail Run**, **The Kokanee Trail Run** and **The Fall Colors Trail Run**. All the races are local and will not require overnight travel. The Granite Trail run is in Folsom, the Kokanee Trail run is in our own backyard and the Fall Colors event is on Mt. Rose.

TC Half Weekly Long Run:

Week 1—6 miles
Week 2—8 miles
Week 3—10 miles
Week 4—7 miles

Sept. 19—Granite Half

Week 6—6 miles

Oct. 4—Kokanee Half

Week 8—6 miles

Week 9—8 miles

Oct. 25—Fall Colors Half



Three Events.
ONE
COMMITMENT.

TC 10K Weekly Long Run:

Week 1—4 miles
Week 2—5 miles
Week 3—6 miles
Week 4—5 miles

Sept 19—Granite 10K

Week 6—4 miles

Oct. 4—Kokanee 10K

Week 8—4 miles

Week 9—5 miles

Oct. 25—Fall Colors 10K

To reserve your spot in the **Endurance Boot Camp** please send a **\$100 NON-refundable** deposit to the address listed below. Be sure to sign up early as space is limited and both groups are likely to sell out.

★ **Deposits:** ★

1605 Skyline Dr.
So. Lake Tahoe, CA
96150

FAQ's

- ◆ Workouts will be held **Tues-Sat @ 6:00am**
- ◆ Long runs are held on Saturday mornings
- ◆ **Cost is \$325**, which works out to **\$5.98 per class** + \$25 worth of Boot Camp swag!!
- ◆ **While the Triple Crown is the ultimate accomplishment, you can pick and chose which events you would like to do. Whether you do ONE event, TWO events, or all THREE, you will still have ten weeks of awesome endurance training.**
- ◆ Workouts will consist of a tempo run, speed work, a long run and two total body workouts.