



triathlon camp

July 6-8th, 2007

Henderson Multigenerational Center

250 S. Green Valley Parkway, Henderson, Nevada

\$315 per athlete

For registration, please visit www.silvermannv.com or www.active.com

presented by



SILVERMAN
NEVADA FULL DISTANCE TRIATHLON

For more on Dave Scott visit
www.davescottinc.com



1:45 - 3:30pm	Strength and Stretching: * Core Exercises * Reducing Injury * Enhance Recovery
4:00 - 5:30pm	Show Running Video to Athletes (Two Groups)

Schedule of Events:

July 6, 2007

12:00 - 12:30pm	Informal Gathering/Package Pick Up
12:30 - 1:00pm	Dave Scott Introduction
1:00 - 2:30pm	Video Tape Swimming and Stroke Analysis
2:30 - 2:45pm	Snack Break
2:45 - 4:00pm	Strength, Stretching and Injury Prevention * Stretch Cord for All Athletes
4:00 - 5:30pm	Show Swimming Video to Athletes (Two Groups)

July 7, 2007

6:30 - 8:00am	Tape Running Technique * Heart rate range determination on Track * Track Workout Utilizing Heart Rate Ranges
8:45 - 10:00am	Stroke Analysis and Swim Workout
10:00 - 10:30am	Snack and Changing Clothes
10:30 - 12:15pm	Discussion: * How to Develop a Year around Training program plus Marker Sets to evaluate 12 week progression up to race
12:15 - 1:30pm	Lunch and Discussion on Nutrition: * Fueling for training and racing

July 8, 2007

6:30 - 9:30am	Video Taping of Climbing on Bike (Standing & Sitting)
9:45 - 10:30am	Shower/Snack Break
10:30 - 11:30am	General Nutrition
11:30 - 1:00pm	Show Biking Video (Two Groups)
1:00 - 2:30pm	Q/A with Dave





Dave Scott is the most recognized athlete and coach in the sport of triathlon. He is a six-time Ironman World Champion and the first inductee into the Ironman Hall of Fame. After nearly thirty years in triathlon, he continues to maintain his world-wide appeal as product marketing advisor, speaker and coach. Dave is presently coaching several top 10 Ironman professionals and age group triathletes.

In 1978 the Ironman Triathlon was invented. This unprecedented sporting event originally combined three pre-existing long-distance races: the Waikiki Rough Water Swim (2.4 miles), the Around-Oahu Bike Race (112 miles, originally a two-day event) and the Honolulu Marathon (26.2 miles).

In 1980, Dave Scott, then a 26-year-old Masters swim coach and water polo star from Davis, Calif., won the event in 9:24:33, forever stamping his authority as the first athlete to dominate the Ironman. No other athlete before him or since has conquered this event with the same degree of skill and ability. Dave went on to win the Ironman World Championships in 1982, 83, 84, 86, and 87.



In 1993 Dave was recognized for his accomplishments in the sport of triathlon by becoming the first inductee into the Ironman Hall of Fame. To celebrate, he came out of retirement. At the age of 40, after a five year absence from competition, Dave decided to race again. In a stunning performance, beating out an impressive field of professional athletes—most in their twenties—Dave Scott placed second overall. Dave has henceforth been known within the triathlon and Ironman world as “The Man”.

Today, Dave continues to live up to his reputation as “The Man”. His many speaking engagements include a blend of corporate presentations, motivational talks, athletic lectures and sports broadcasting. Dave is also an accomplished author with many published articles and a book to his credit.

When not working, Dave is a busy parent, caring for his three active children in Boulder CO.

For more on Dave Scott visit
www.davescottinc.com

