



High Altitude MTB Training Camp for endurance and multi-day stage racing:

Training camp for endurance events, getting you race ready at High Altitude!
Coaching and expert advice from seasoned Epic riders!
Blood tests and Dr analysis!
Technical Skill training!

You will get:

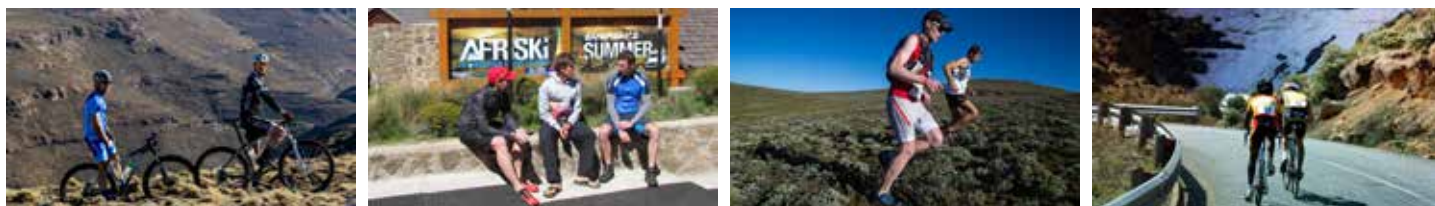
- Physical preparation at altitude with outrides and technical skill training for the Epic.
- Optimal Nutritional advice on how to best fuel your body optimally for racing and perfect health.
- Mental barrier shifting – overcoming the mountains and high altitude – getting in race mode.
- Massive value added to be ready physically and mentally for awesome racing experiences!
- Great lucky draw prizes
- Goodie bags
- EMS (electro muscle stimulation) training session in Pretoria – www.revolutionfit.co.za



High Altitude training has been proved with numerous scientific studies to be beneficial to endurance athletes. If you are a runner or cyclist doing any important race in the near future, the best way of getting an advantage is to spend some time at high altitude. This will increase your red blood cells and the oxygen carrying Hemoglobin on your red blood cells to increase your endurance/performance.

Afriski at 3050m is the perfect venue to do this type of training with numerous routes to run or cycle and stay comfortable after your hard day's training in your chalets or room. Afriski has the highest restaurant in Southern Africa and you can be sure of the best nutrition.

Jaco Ferreira, personal trainer, lifestyle coach, Crossfit Level 1 Coach & Crossfit Endurance coach, as well as EMS personal trainer presents numerous training camps at Afriski, has finished various stage races and one ABSA Cape Epic.



Jaco adds massive value to you as an athlete by utilizing Crossfit methodology in training applying it to endurance sports so you can optimize your training and become a better athlete and thereby increasing performance in whatever discipline of endurance sport. Introduction to the latest training protocols that top athletes like Usain Bolt uses - EMS(Electro Muscle Stimulation) being used to get a 90% muscle fibre activation that engages deeper muscle fibers giving a guaranteed increase in maximal muscle strength without bulking, giving power in the legs like never felt before. He also provides nutritional coaching specifically for sport, fuelling your body with the most optimal foods that will improve recovery and maximize performance with a very strong emphasis on the most natural and healthy way of accomplishing this.

Jaco Ferreira, biokineticist at the hpc, twice Age group National Champion & multiple time Cape Epic finisher with 20+years of cycling experience, and 10+years of coaching experience, will be riding together with everyone while giving valuable info and experience from a coaching, nutritional and physiological point of view, both on and off the bike.

Yes, come see what both Jaco Ferreira's look like and how they will add massive value to you as a cyclist and exponentially increase your performance as an athlete and make you finish the Cape Epic the best way possible.

Come take part in an acclimatizing training camp, perfect preparation for your body to get you in the right physical and mental state for racing.

Lesotho has something to offer which you won't find anywhere in South Africa, escaping from the world to the high mountains of Lesotho will definitely be an experience you won't forget soon, and will only add massive value to you as athlete and person with awesome physical and mental benefits.



Come train at the Ultimate Altitude for an experience of your life!

Cycling Training options:

- Tar road leading up to the resort with Moteng pass climb and Mahlasela pass climb from bottom – 4-6hrs.
- Jeep track from Katse dam (2000m elevation) past Kao mine with 5 shallow river crossings until Afriski resort reaching height of about 3200m. 4-5hrs
- Big gravel road going south past Letseng Diamond mine fair amount of climbing and descending on big gravel road. 3-4hrs
- Jeep/Single track going to the Tugela falls and Mount Aux Sources 2-4hrs one way Starting at the resort 3050m, climbing out of bowl to get on the ridge, following jeep track, descending and climbing between 3000m and 3300m.
- 12km Brand New XCO Mtb tracks.
- 4 x Downhill tracks.



Training Camp Schedule

	Friday	Saturday	Sunday
Breakfast		Breakfast Talk	Breakfast Talk: Top Tips for Multiple Stage Racing
AM Session	Arrive at Afriski round 13:00	8:00-8:30 Skills introduction 8:30 – 13:00 Endurance session	8:00 – 12:00 Endurance session
Lunch: 12:00 to 14:00			
PM Session	13:00 – 17:00 3-4hr intro ride at altitude for all levels of fitness Massage sessions before dinner	14:30-17:00: 2-3hr Skills practical Massage sessions before dinner	13:00/14:00pm – Drive back home
Dinner: 18:00 to 19:30			
Evening Session	19:30 –Metabolic & Physiological adaptations & Altitude's effects Massage sessions after dinner	19:30 –Race Nutrition. Recovery and Conditioning Massage sessions after dinner	



Next Camp Details

Cost: R4495

Date: 13 / 14 / 15 Feb 2015

Included:

- Accomodation for 2x nights (Fri/Sat)
- Meals 2x small breakfasts, 2x lunches, 2x dinners
- Trail fees
- Dr's fees for Blood tests (pre/post training camp)
- Bodycomposition Analysis (fat/muscle%)
- 2x Massages (Fri/Sat)
- Sports Psychologist availability
- Enduren Nutritional Supplements
- Bikewash, Mechanical support and available spares
- Motorized support and waterpoints on course
- Skills education
- Cycle set-up recommendations
- Prizes
- Goodie Bags
- EMS training session (Pta) www.revolutionfit.co.za



Afriski is a very family orientated resort and there are various activities for the rest of the family. Further activities available includes paintball, bike pump track, climbing wall, zip lining, abseiling and all-terrain motorised scooters, brown trout fishing in the Motete River, while the kids can explore the river with lazy river tubes.

Deposit of R2000 payable to secure your spot!
Places are limited!

Standard Bank

JA Ferreira

Savings: 245417419

Branch: 056036

Name and Surname as reference!

More info:

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