



R3
A

2019 TEXAS HILL COUNTRY SPRING TRAINING CAMP
FEBRUARY 23RD - MARCH 1ST

TRAINING SCHEDULE

SATURDAY:

Arrival & Welcome dinner

SUNDAY:

Morning swim at Barton Springs

Breakfast

7:30 Roll out for ride (Austin –Fredericksburg)

Optional run off the bike

MONDAY:

Pool Swim

2-3 hour ride with TT

Run off the bike

TUESDAY:

Long run

Swim

TruFit Strength Session

WEDNESDAY:

Long ride in the Hill Country

Optional swim

THURSDAY:

Long Swim

Optional session or afternoon relaxing

FRIDAY:

8:00 Roll out for ride (6 hours for "A" group)

Farewell Dinner at the Salt Lick

SATURDAY:

Depart



TEAM BSR 2019



DAMN RIGHT I'M SEXY

COACHES

CHRIS McDONALD



Chris grew up in Albury, Australia and came from a very early sporting background of playing field. From his late teens to early 20's, he blew up to 250 pounds, and realized how much he missed sports. He took up triathlon in late 2001 and began with a 70.3 race in Forster, Australia. Since his first race in 2001, he's completed in 42 Ironman races. His personal best is 8:14 over the IM distance and 3:48 over 70.3 distance. In his athletic career, Chris has had the chance to work along side some of the great coaches and athletes in the sport of triathlon: Scott Molina, Dave Scott, and Brett Sutton, to name a few. Chris is a 7x Ironman Champion.

HAROLD WILSON



Harold is the Fitness Director at Impact Performance & Fitness located in Southlake, TX where he trains and coaches high caliber athletes as well as every day folks looking to get on top of their health. Harold has a BS in Kinesiology, the science of Human Movement, and is working on a Masters of the same discipline. Harold holds certifications from USA Triathlon, the National Strength and Conditioning Association and Functional Movement Systems. Triathlon has been his passion for over 15 years with the focus being coaching for over 10 years. Harold's coaching philosophy is entrenched in the ABC's. Attitude, Balance, Consistency.

WHERE WILL I STAY?

AUSTIN



THE SALT LICK



FREDERICKSBURG



TEAM BSR PRICE: \$2,200

WHAT SHOULD I BRING?

- Good tires
- Clothing for hot and cool riding
- Gearing for repeated short climbs
- A wetsuit (possible open water swim option)
- Any special personal needs

WE WILL SUPPLY:

- Accommodations (Double Occupancy; individual available upon request at an increase in price)
- Transportation from and to the airport
- Spare tubes
- CO₂ for on road flats
- All on-road nutrition
- All meals and snacks*
- Bike mechanic
- Nightly presentations

Register at www.bigsexyracing.net under the Coaching/Camps section

*Please be sure to email Erika with any dietary restrictions



CONTACT INFORMATION

Chris McDonald

(512) 804-8756

chris@bigsexyracing.net

www.bigsexyracing.net

 @bigsexymcdonald

Erika McDonald, Camp Coordinator

(361) 548-4705

info@bigsexyracing.net

