

2017 BASE Tri Fitness Swim and Run Weekend

Arrival: Thursday February 23, 2017

Departure: Monday February 26, 2017

Travel Information: Fly into Ft. Lauderdale or Miami. Campers are responsible for their transportation to and from airport. It is about a 1:30-1:40 drive from Miami. Don't worry its pretty once you get on Overseas Highway. If you are planning to arrive earlier or stay later please work with Lauren Vallee to coordinate housing and secure pricing.

Pricing: \$1,200 per athlete. Includes all workouts, transport DURING camp (athletes must get themselves from airport to Camp House), and breakfast and dinner. \$600.00 deposit due at time of registration and remainder of deposit is due 20 days before camp. If paid at once a \$50.00 discount will be applied.

Accommodations: Campers will stay in either the "Camp House" or "Camp Villa(s)". They are located within walking distance of each other. The "Camp House" is located at 97240 Overseas Highway, Key Largo, Florida. The Villa is located at 97501 Overseas Hwy, Key Largo. They are within walking distance of each other.

Food: Breakfast and Dinner are included in your camp pricing. This excludes alcohol. Breakfast will be an assortment of easy to grab items such as granola/instant oatmeal, fresh fruit, etc. We will eat dinner together either at the "Camp House" or go out to eat. There are a lot of fabulous places to eat so you won't go hungry! If you have dietary requirements, please let us know.

Training: The goal of this camp is to improve swim stroke, gain comfort in open water*, and improve run form. (*OWS will be optional in the bay from the Camp House. All OWS must have a buddy, we will have at least one kayaker). We have secured several opportunities to swim and work with an amazing coach from The Race Club, Devin Murphy. Devin's biography is attached. Also, please note that while swim workouts are listed as 1:30-2:00 in length, they are FORM focused so all levels will be able to participate.

Free Time: There will be some free time and in the event you elect not to participate in a specific workout the world is your oyster – you just don't get refunded for any workouts not attended.

Questions? Contact Lauren Vallee at lauren@basetrifitness.com or 313-530-7184

Weekend Schedule (events and locations may change)

Thursday, February 23, 2017

Time	Event	Location
12:00-3:00 PM	Check In	Camp House
5:00 PM	Depart for Jacobs Aquatic Swim	Meet at Camp House
6:00-7:30 PM	Coached Swim - Vallee	Jacobs Aquatic Center
8:00 PM	Dinner	TBD

Friday, February 24, 2017

Time	Event	Location
7:30 AM	Open Water Swim (Optional)	Camp House
9:00 AM	Coffee and Breakfast	Camp House
10:30 AM	Depart for Run Workout	Camp House
11:00 AM-12:30 PM	Coached Run – Vallee	Key Largo Community Park
12:30 PM-1:30 PM	Lunch	TBD
2:30 PM	Depart for TRC Islamorada	Meet at Camp House
3:00 PM – 5:00 PM	Coached Swim – Devin Murphy	Founder’s Park Pool/TRC
6:30 PM	Dinner	TBD

Saturday, February 25, 2017

Time	Event	Location
8:30 AM	Coffee and Breakfast	Camp House
9:30 AM	Depart for TRC Islamorada	Camp House
10:00 AM – 12:00 PM	Coached Swim – Devin Murphy	Founder’s Park Pool/TRC
12:30 PM-1:30 PM	Lunch	TBD
1:30 PM-3:30 PM	FREE TIME!	FREE TIME
4:00 PM-5:00 PM	Aerobic Run	Meet at Camp House
6:30 PM	Dinner	TBD

Sunday, February 25, 2017

Time	Event	Location
7:30 AM	Optional Open Water Swim	Camp House
9:00 AM	Coffee and Breakfast	Camp House
10:30 AM	Depart for Run Workout	Camp House
11:00-12:00 PM	Coached Run Workout-Vallee	Key Largo Community Park
TBD	Swim Workout	Jacobs Aquatic Center
5:00 PM	Camp Awards/Dinner/Sunset!	Camp House

About Lauren Vallee

Lauren has been in the fitness and wellness industry since 2004 and an athlete her whole life. With a B.S.ed in Physical Education and Sport Management, and M.A. Sport Management, combined with practical training from some of the industries top coaches and scientists, have created a well-rounded knowledge base and holistic view of wellness that sets her apart from others. From a humble start (and slow at that), Lauren's focus on learning the science behind success in the sport along with hard work over the course of several years has made her both a stand out coach and athlete.

Lauren has coached her athletes to over fifty full Ironman finishes and over one hundred 70.3 finishes. Several of her athletes have qualified and raced in National Championships and World Championships. She credits her athletes' success to having three traits: consistency, commitment to the plan, and attention to detail.

About Devin Murphy

Devin Murphy graduated from Wheeling Jesuit University in Wheeling, WV in 2006 with a degree in Theology and Religious Studies. While in school, Devin had a successful swimming career as a two-time captain and four-time All-Conference Honoree. Devin also served as the swim team's representative for the Student Athletic Advisory Committee for two seasons.

After graduating, Devin began his coaching career and hasn't looked back. With several year's experience in both club and NCAA coaching, Devin has coached everyone from learn-to-swim to NCAA All-Americans and Olympic Trials Qualifiers.

When not at the pool, Devin enjoys spending time with his fiancée, Lynnette (also a club coach), fishing with his friends and family, watching Ohio State Football and going on runs with his dog Lucy.