



**Thredbo trail running Training Camp
February 17th – 18th 2017**

Your base for the weekend will be at the Brindabella ski lodge in Thredbo near Friday flat.

The goal for the weekend is to learn to play in all varieties of terrain and with my assistance develop the necessary skills to prepare you for all types of trail runs. As we will be in a lodge all together it is also aimed at being a social affair with ample time to chat with other like-minded individuals. Drinks and nibbles on Friday /sat nights will be supplied. The lodge has a commercial kitchen so you can choose to either go out for dinner or cook your own. Please note it is preferable if we all eat in on Friday night to avoid time pressures.

What's included in the weekend?

3 days of trail running with John Winsbury including seminars. 2 nights accommodation, 2 breakfasts, drinks and nibbles on both Friday and sat nights. Bed linen /towel is required to fit single beds.

How fit /experienced do I need to be to participate?

The weekend is designed for runners of all abilities. Participants will be grouped according to their fitness level and trail running experience to ensure that everyone can make the most of the their weekend. NB; You will always be supported by myself or Martin when out on trail.

What is the Mandatory gear?

- Suitable trail shoes
- Long sleeve thermal top
- Waterproof jacket
- Mobile phone
- Water bladder
- Running gloves
- Beanie
- Hat
- Whistle
- Space blanket
- Compression bandage
- Sunscreen

Sample Itinerary

**Day one arrive 12 pm
Welcome run (technique based)
Seminar and drinks /nibbles (included)
Out to dinner or self cater**

**Day two
Breakfast (included)
Morning long run
(undulating)
Afternoon free time
Nibbles and drinks (included)
Out to dinner or self cater**

**Day three
Breakfast (included)
Run hill session (technique based)
Depart after lunch**

Cost.

**Own room \$420
Own room with shared ensuite \$380
Twin share \$320**

**Minimum
of 12
participants**