

# Kate Bevilaqua's Ironman WA Training Camp

**When:** Monday 27th October - Sunday 2nd November

**Where:** Donnelly River Holiday Village

**Cost:** \$450

## INCLUDES

- 6 nights accommodation
- Expert advice on Ironman Triathlon & multisport training
- The latest information on Sports Nutrition and race strategy planning
- Advice from Kate Bevilaqua and Professional Level 2 Triathlon Coach Andrew Budge.
- Swim, Cycle and Run training sessions on challenging courses in the idyllic surrounds of Donnelly River and surrounding areas

**Expressions of interest** required by Monday 30th August to:

**Kate:** [kbevilaqua@yahoo.com.au](mailto:kbevilaqua@yahoo.com.au) or 0402 248 899

**Budgie:** [trysport@bigfoot.com.au](mailto:trysport@bigfoot.com.au) or 9377 3554

**N.B. Our first camp filled very fast so get in early. To confirm a place on the camp you will be required to pay a \$50 deposit.**



**Falling a month out from Ironman WA, this training camp is a unique opportunity to give your preparation that perfect boost leading into the big day. DON'T MISS OUT!**

**For information about Kate Bevilaqua go to [www.katebevilaqua.com](http://www.katebevilaqua.com)**

**For information about Trysport & Andrew Budge go to [www.trysport.com.au](http://www.trysport.com.au)**