

# SAVE THE DATE

## PhysFarm Camp Tucson

### Featuring



Dr. Philip Skiba,  
Renowned Sports Physician and Coach  
PhysFarm Training Systems LLC



David Tilbury-Davis,  
British Triathlon Level III Coach  
PhysFarm Training Systems LLP



Joanna Zeiger,  
70.3 World Champion and  
World Record Holder



Björn Andersson,  
Professional triathlete and Übercyclist  
2008 Savageman Winner



Catriona Morrison,  
3x Duathlon World Champion  
2008 Scottish Triathlon National Champion

### Amenities

- Accommodations at The Casitas at Sabino Springs [www.casitasatsabinosprings.com](http://www.casitasatsabinosprings.com)
- Prepared meals and workout nutrition
- Ground transport to/from airport and workouts
- Full sag support

### Training features

- Scientifically developed training methods
- Season/athlete appropriate volume and intensity
- Endurance and speed workouts
- Daily swim clinics
- Power/GPS/HRM Analysis<sup>†</sup>
- Individual and group education sessions

<sup>†</sup> Athlete to provide power meter / GPS / HRM.

**What if you had 7 days to work with world experts in sports medicine and physiology, and train alongside world champion athletes?**

**How fast could you go?**



PhysFarm Training Systems would like to invite you on the training experience of a lifetime: PhysFarm Camp Tucson. You will have the opportunity to train with and learn from the best of the best: 70.3 World Champion and World Record Holder Joanna Zeiger, 3x Duathlon World Champion Catriona Morrison, and the man who is likely the best cyclist in triathlon, Björn Andersson. After training, you will unwind and recover in resort style at The Casitas at Sabino Springs, with access to Arizona National's Country Club, bar and grill.

In addition to world-class training and accommodations, every athlete will receive in-depth consultation with Dr. Skiba and David Tilbury-Davis, accomplished British coach and PhysFarm partner who has taken athletes as far as the Commonwealth games. You will learn to train and recover properly, evaluate your training and racing performance intelligently, and make the best possible use of your time and energy in building a great season.

This incredible training camp is limited to 10 participants. Want to drive your fitness and confidence to new heights?  
Reserve your spot today!

**Tucson, Arizona | April 13-19, 2009**

PhysFarm Camp Tucson  
Package Price:

\$1499.00 per person

To learn more, e-mail us at  
[coachphil@physfarm.com](mailto:coachphil@physfarm.com)  
or call 908-463-5292.

**PHYSFARM**  
TRAINING SYSTEMS