



888-NOW-BIKE | +1 415-366-3806  
info@lifecycleadventures.com

- 5-day/4-nights
- Experienced rides with specific training goals
- 50 to 80 miles per day
- You choose the start date

From: \$1525 per person

Check Availability

# Training Camp

## Training Camp in the California Wine Country

There's a reason that Levi Leipheimer lives in Sonoma County. Put simply, it is one of the best places in the world to do bike training. So where better for you to prepare for a major event or to simply get back into shape?

Our training camp is supervised by the Peaks Coaching Group – leaders in online coaching and specialists in power-based training programs. Before you start your trip, you'll have a fitness evaluation & goal setting session with a Peaks Coaching trainer. During your stay you'll also have the option of nightly consults to help tune your training plan.

Before you arrive we work with your trainer to find routes to match your training objectives: sprints, endurance or hill climbing. Typically, you will be riding the routes used by pro-teams for their early season training. And for a little fun, we will calibrate you against the fastest riders on this year's AMGEN Tour of California.

Lodging is at friendly Character Inns where nightly massage is available.

If you would like to know more, send me an email at [info@lifecycleadventures.com](mailto:info@lifecycleadventures.com) or use the *Check Availability* button in the left margin.

Tony Blakey  
Founder



*"We learn about you as an athlete and as a person in order to develop the best plan for you."*  
Hunter Allen, Peaks Coaching

### Includes:

- Fitness evaluation and goal setting consultation
- Customized routes to match training plan
- Transfer from San Francisco and back again
- Lodging with breakfast
- Luggage transported between lodgings
- SAG van on call
- Maps and mile-by-mile directions

### Lodging:

- Stevenson Manor, Calistoga (x2)
- Fern Grove Cottages, Guerneville (x2)

### Optional Extras:

- Nightly massage
- Power meter
- Nightly consult with Peaks Coaching trainer
- Personal coach to join camp
- High specification road bike

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LifeCycle Adventures LLC, 248 24<sup>th</sup> Av. San Francisco, CA 94121 Call: 888-669-2453 or +1 415 366 3806