

LIFECYCLE ADVENTURES



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

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

From: \$1545 per person

[Check Availability](#)

Custom Training Camp

A Personalized 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 for bike training. So where better for you to prepare for a major event or to simply get back into shape?

Your training camp will be supervised by a top coach from Peaks Coaching Group – leaders in online coaching and specialists in power-based training programs. Before you start, you'll have a fitness evaluation & goal setting session. During your camp you'll also have nightly consults to help tune your training plan.

Before you arrive your coach finds 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. For a little fun, we will measure 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 us an email at info@lifecycleadventures.com or use the [Check Availability](#) button in the left margin.

Adnan Kadir
CEO



"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
- A day ride with personal coach
- Nightly consultation and power analysis with personal coach
- Transfer from San Francisco and back again
- Lodging with breakfast
- Luggage transported between lodgings
- SAG van on call
- Maps and mile-by-mile directions with your training plan

Lodging:

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

Optional Extras:

- Nightly massage
- Power meter
- Additional personal coaching rides
- High specification road bike rental

All contents and images ©2008 LifeCycle Adventures LLC
LifeCycle Adventures LLC, 248 24th Av. San Francisco, CA 94121 Call: 888-669-2453 or +1 415 366 3806