



**Turks & Caicos Sporting Club at Ambergris Cay  
Event Series 2009**

*Evocative, Fascinating, Insightful*

**Session Two: *Our World of Sport Strength Training and Nutrition* with Lee Zohlman and Matty Reed.  
*Celebrate Valentine's Day by keeping your heart healthy through exercise and eating well!***

**February 13-16, 2009**

**Friday, February 13**

2:00-4:00pm **Meet the Coach, Lee Zohlman and Easy Run, Calico Jack Pavilion**

5:00-6:30pm ***Cocktail Reception at Calico Jack Pavilion***

6:15pm ***Welcome by Lee Zohlman***

***Increase Fitness with Lee Zohlman: A total performance weekend***

We will define ways to increase performance, resistance, and endurance with tips that will benefit all types of activities from running and swimming to fishing and kiteboarding. Throughout the weekend, we'll learn how to facilitate better preparation for our exercise and wellness by implementing simple techniques for balance of health and wellness with fun!

6:30pm ***Dinner at Calico Jack Pavilion***

**Saturday, February 14**

7:30-8:30am **Morning Performance Stretch Session and General Q & A**

Whether it's swimming, biking and running or golf and tennis, a comprehensive stretching routine will enhance your performance and help keep you injury free. Stretching and flexibility are key components in performance enhancement and injury prevention and should be incorporated into every athlete's training regimen. Most successful athletes schedule this vital aspect of training into their programs just like any other sport. Now, you will learn the key stretches for your sport.

Session Two of a Series

- 7:30-9:30am ***Breakfast at Calico Jack Pavilion***
- 8:30-9:30am **Athlete Talk about Monday Triathlon** with Lee Zohlman and Matty Reed  
Matty to discuss training for Olympics, stories from Beijing 2008 and how to prepare best for the First Annual Turks & Caicos Sporting Club at Ambergris Cay Triathlon.
- 9:30-10:30am **Easy Run Incorporating Drills to Improve Run Gait** with Matty Reed and Lee Zohlman. Run with an Olympian, skills and drills for all levels.
- 12:00-2:00pm ***Lunch at Calico Jack Pavilion***
- 1:00-4:00pm **Swim Skills Session and Ocean Paddle** Salt Rakers with Matty Reed and Lee Zohlman
- 4:30-7:00pm **Individual Performance Sessions with Lee Zohlman (sign up separately, additional fee)**

**Multi Sport Strength training for functional improvement, body definition and sports performance-** Triathlon, cycling, running as well as swimming, golf and tennis are all sports that require agility, balance, power and speed. These sessions will teach you how to improve your strength, power, balance and improve core muscle strength in a functional manner. The exercise routine includes no weight machines and can easily be done in one's home, office or for the traveling athlete, a hotel room. Utilizing medicine balls, Swiss balancing balls, exercise tubing and one's own bodyweight, our strength training routine can truly help prevent injury and develop specific strength for the given sport.

**Swimming skills to improve technique and speed-** Whether it is swimming for exercise or for racing, proper swim technique is critical for success. Come learn the latest and greatest ways to improve your form in the water, be more comfortable swimming in the open water and, of course, get faster.

**Running skills assessment to improve technique-** Running is tough on the body without a doubt. It is a sport which requires minimal wasted energy. Now learn the proper way to run, how to carry your body and how to program your very own running workouts. We'll also cover tips on heart rate monitor training and pacing for success!

**Performance Paddling-** Paddling is a great way to get fit and stay lean. Paddling will also help you build a strong upper body. Now, learn how to paddle properly and get the most out of every dig. Learn the ins and outs on proper body position and how to improve your endurance.

**Sports Nutrition session to cover needs and/or weight loss**

## Session Two of a Series

Fueling your body for sport is a careful balance of many components. Fats, carbs and protein all play a significant role in how fast and how long you go. What does the latest research say about fueling for exercise? We'll go over the answer to this and more in this fun and educational seminar. Come ready to learn what and how much to eat and we'll also go over a few insider tips on how to shed a few pounds.

7:00-9:00pm ***Dinner at Calico Jack Pavilion***

### **Sunday, February 15**

7:30-8:30am **Multi Sport Specific Strength Training Session**

7:30-9:30am ***Breakfast at Calico Jack Pavilion***

9:00-10:00am **Open Water Swim Session, navigation and pacing**

11:00-12:00pm **Endurance Sports Nutrition**-Fueling your body for sport is a careful balance of many components. Fats, carbs and protein all play a significant role in how fast and how long you go. What does the latest research say about fueling for exercise? We'll go over the answer to this and more in this fun and educational seminar. Come ready to learn what and how much to eat and we'll also go over a few insider tips on how to shed a few pounds.

12:00-2:00pm ***Lunch at Calico Jack Pavilion***

1:00-2:00pm **Ocean Paddle Salt Rakers**

2:30-6:00pm **Individual Performance Sessions with Lee Zohlman (details listed above)**

7:00-9:00pm ***Dinner at Calico Jack Pavilion***

### **Monday, February 16**

7:00-9:00am ***Breakfast at Calico Jack Pavilion***

8:00-10am **First Annual Turks & Caicos Sporting Club Triathlon**  
200M Ocean Swim  
2 Mile Ocean Kayak  
2 Mile Run

11:00-12:00pm **Post Race Stretch Session**

12:00-2:00pm ***Lunch at Calico Jack Pavilion***

2:00-6:00pm **Individual Performance Sessions with Lee Zohlman (details listed above)**