



## CARMICHAEL TRAINING SYSTEMS

**Chefs Training Camp 2017**  
**Newbury Park and Westlake, CA**  
**April 3<sup>rd</sup> – 6<sup>th</sup>, 2017**

### **Camp Summary**

A professional cycling camp for professional chefs: Carmichael Training Systems has partnered with Chefs Cycle to provide world class training for each chef participating in the May event. This training camp features 3 days of bike handling drills, group riding skills, and incredible riding in Southern California. Each day will have hands-on instruction from professional CTS coaches to help you learn how to take your riding to the next level.

### **Camp Insight**

Improve your skills under the supervision of our top coaches, and challenge yourself with other chefs who have the same goal.

### **Camp Description**

This camp is specifically for chefs preparing for Chefs Cycle. For beginner to intermediate riders, the Chefs Camp will start with basic skills that every rider can benefit from, test your fitness, and teach everyone how to take what they learned from camp and apply to their final preparations going into the Chefs Cycle, May of 2017

### ***About Chefs Cycle:***

Chefs Cycle is a fundraising endurance event featuring award-winning chefs and members of the culinary community fighting hunger outside the kitchen. It's a cycling event that engages culinary talents who want to push their limits by completing a three day **300 mile ride** while raising funds and awareness in support of No Kid Hungry. The 2017 Chefs Cycle ride will take place May 16-18 in Santa Rosa, CA with a goal of **250+ chefs** riding to help **raise 20 million meals** for kids facing hunger.

### **ABOUT GIANT:**

Giant started in 1972 with one goal: Create a better cycling experience for people around the world. The founders of Giant were craftsmen and engineers. They understood their strengths. So to make cycling more enjoyable and accessible to people around the world, they did what they knew best. They set out to improve the cycling experience by following three guiding principles: craftsmanship, innovation and inspiration.

It began with lightweight aluminum frames. Giant's ability to produce high-quality bikes at an affordable price allowed more riders to experience cycling in a whole new way. Since then, Giant has pioneered advancements in both aluminum and composite engineering. We introduced the first affordable carbon fiber bike, the Cadex 980 C, and transformed high-performance road bikes with our Total Compact Road design. In mountain biking, Giant's Maestro Suspension established a new level of performance for off-road riding and racing.

Over the last four decades, Giant has grown well beyond its manufacturing roots to become the world's leading brand of quality bicycles and gear. With more than 12,000 retail partners worldwide, we aim to inspire adventure in all riders, from casual to competitive.

Giant bikes win world championships. They win design awards, too. But most importantly, they win the hearts of riders who choose to make cycling a part of their lives. We support that choice. We think it makes the world a better place.

## **RIDE LIFE. RIDE GIANT.**

### **Camp Details**

**Camp Mileage** – Medium

**Amount of Instruction** - High

**Arrival/ Departure** –

Arrival: April 3<sup>rd</sup>

Registration 2:00-4:00 PM @ Giant Bicycle Headquarters: Newbury Park, CA

Departure: April 6<sup>th</sup>

**Camp Price** - \$1299

### **Included with Camp**

- Daily training sessions with Carmichael Training Systems Coaches
- Professional mechanics
- Use of a SRM or PowerTap power meter
- Daily power data analysis with CTS coaches
- Complete ride support with Bonk Breaker nutrition and hydration products
- Training presentations from CTS coaches
- CTS Jersey
- CTS T-Shirt
- 3 Dinners, 3 lunches

### **Schedule Overview**

#### **Monday:**

- **2:00-4:00p** – Athlete Check-In @ Hyatt in Westlake, CA
  - Bike to Mechanic, packet pick up, check in to hotel
- **5:30-6:30** – **Happy Hour @ Giant Headquarters**
  - Shuttle will be provided.
- **7:00p** – Group dinner, Hyatt in Westlake

#### **Tuesday:**

- **9:00a – 1:00p** – Training Session
  - Bike Handling Skills
  - Field Test
- **1:00 – 2:00p** – Lunch
- **2:00 – 5:00p** – Data Recall with CTS Coaches
  - Massage for athletes, scheduled between data recall.
- **7:00p** – Group Dinner (Location TBD)

**Wednesday:**

- **9:00a – 1:00p** – Training Session
  - Group Riding Technique
  - Hill Climbing Intervals
  - Cornering and Descending Technique
- **1:00 – 2:00p** – Lunch
- **2:00 – 5:00p** – Data Recall with CTS Coaches
  - Massage for athletes, scheduled between data recall.
- **7:00p** – Group dinner (Location TBD)

**Thursday:**

- **8:00a – 12:00p** – Training Session
  - 3-4hr group ride
- **12:00 – 1:00p** – Lunch
- **1:30 – 3:00p** – Group Data Recall and Camp Wrap-Up with CTS Coaches
  - Mechanics packing bikes for travel
- **5:00p** – Athletes Depart