



### Joe Friel Laying the Foundations Testing Camp Report, Scottsdale AZ

The first Joe Friel Laying the Foundations Testing Camp has just finished in Scottsdale Arizona. The camp was organised by UK based Tri Dynamic. The Camp was a very high attention, personal attention triathlon camp with participants coming from all over the US as well as from Sweden. They got to experience what it is like to train with Joe Friel as their very own coach for the week as well as receiving coaching from TrainingBible Coaching Elite Coach and USA Triathlon Development Coach of the Year, Adam Zucco.

Participants had the opportunity to have a one-on-one session with Joe Friel to discuss their upcoming race season and goals with the legendary coach and author of the Triathlete's Training Bible. Not only that but they had a full physical therapy assessment from the team at Endurance Rehab in Scottsdale, who treat Olympians, professional cyclists and triathletes including Sam McGlone. They also benefitted from a VO2 max test and a full body composition analysis and finally a comprehensive bike fit with pro bike fitter Chris Pulleyn from Bicycle Ranch. Participants had evening classroom sessions covering topics ranging from nutrition, mental approach to triathlon, training with power and using WKO software as well as training periodization and the fundamentals of endurance training. They also had their swim stroke analysed by Joe Friel and Adam Zucco with every participant seeing at least a 2 sec improvement in their 25 yard swim splits! Finally the campers also received coaching and video analysis on their running form and were given drills and specific strengthening exercises to work on from Joe Friel, Adam Zucco and the team at Endurance Rehab.

Commenting on the Camp Joe Friel said;

*'This week has been a great experience. The campers learned a lot in a short space of time to enable them to go away over the winter and work on the key points we have identified as their limiters to ensure that come back next season and have their best ever season. It was great to work with such a great bunch of athletes and also with such as a great team on this camp including Endurance Rehab, Bicycle Ranch and Tri Dynamic. We're already looking forward to next year's camp'*

Nate Koch, Director of Endurance Rehab said;

*'We were delighted to be working with Joe Friel on this camp and to be able to work with his athletes. They all gained a lot from their time with us and will see the benefits come race season.'*

Chris Pulleyn at Bicycle Ranch said;

*'It was a fun week and a great bunch of people. We enjoyed working with Joe Friel and Adam Zucco on this camp. I think the campers got a lot out of the experience.'*

**For more info** on Joe Friel visit [www.trainingbible.com](http://www.trainingbible.com) or read Joe's blog <http://www.joefrielsblog.com/>

For a list of all the camps Joe Friel is doing with Tri Dynamic visit [www.tridynamic.co.uk](http://www.tridynamic.co.uk)