

MONT TREMBLANT CAMP FAQ

Where do we meet?

We meet on the first morning at 6.45am sharp at [Complexe Aquatique Mont Tremblant](#).
Complexe Aquatique Mont Tremblant
635, rue Cadieux
Mont-Tremblant (Québec)

[Click here](#) to view a map to the pool.

Please be on time and bring swim items. No need to bring run items on Monday morning.
It is also essential that you bring a signed copy of the Trisutto camp liability waiver at the first session.

What is the pool entry fee?

Trisutto camp attendees receive a discounted pool entry pass. It is also valid outside of our swim hours, so you can return to the pool (and the cardio room) anytime during your week as often as you like.

The fee for the pass (wrist band) is CAD\$70.00 for the week (7days) and CAD\$130.00 for the two-week option. This is to be paid when you collect your pass from the front desk, ideally the day before camp starts. Please wear the wrist band for the duration of the camp.

They will have a list with all the participant names on it. The pass can be paid cash or with credit card.



Why should you attend this camp?

This is a unique opportunity to prepare for IM Mont Tremblant 20 August, while learning and applying Trisutto principles to improve your performance.

Camp Features.

The camp will feature rides & runs on the actual Ironman Mont Tremblant course and throughout the local area, specific key track and treadmill sessions, as well as open water swims in Lac Tremblant.

Coaching will be facilitated in English and French.

What's included in the camp fee?

Camp fee is a coaching fee for the camp. Athletes make their own travel and accommodation arrangements. As different athletes have different expectations and price brackets, we allow athletes the flexibility to book their own accommodation while maintaining a camp fee we think is exceptional value.



What bike should I bring?

Please bring the bike you are most comfortable on, and that you do the most training on.

If you are driving to camp, and you have a turbo / indoor / roll bicycle trainer, you are welcome to bring it with you – as a back up riding option.

Are there bikes shops in Mont Tremblant?

Yes there are, but please have your bike in excellent working order before traveling.

- [Cybercycle](#)
- [Bicycles Quilicot Tremblant](#)
- Intersport – Atmosphere

What should I bring to camp?

Please bring all of your swim gear, including your collection of paddles, buoy – but no fins and no snorkel.

Ensure you bring your wetsuit.

What clothing should I bring?

Please bring warm clothing to run and ride in. Being in the Laurentian mountains the weather can be variable and cool even in summer. We recommend that you bring a wind vest and rain jacket for both running and cycling.

Accommodation

Athletes need to make their own travel and accommodation arrangements. Mont Tremblant is a popular holiday destination, which offers numerous accommodation options.

It is recommended that you book your accommodation at the Mont Tremblant Resort Village at one of the three options. Trisutto Camp attendees receive discounted rates at these resorts:

- [Le Lodge de la Montagne](#) (Booking code: 2016CS)
- [Hotel La Tour Des Voyageurs](#) (Booking code: 2016CS)
- [Holiday Inn Express & Suites](#) (Booking code: TUO)

You may find further information on pricing and terms [here](#).

**Camp rates as provided by Mont Tremblant Resort are valid 3 days on either side of camp dates (for early arrival and late departure). Rates are valid until 7 days before camp start dates, if booking within 7 days of camp start regular rates will apply.

For further inquiries and to make your booking please contact Mont Tremblant Resort directly at 1-866-253-0093 and let them know you will be staying as part of the Trisutto camp.

For other hotels and apartment rentals that may suit your needs we recommend the usual online booking sites.

The camp period overlaps with both Canadian and US national holidays, and the local Jazz Festival. We advise that athletes consider booking early.

Travel

Participants are to make their own travel arrangements. Ottawa and Montreal are the closest major airports.

- From Ottawa Airport (~2hrs)
- From Montreal Airport (~1.5hrs)

If you are a visa-exempt foreign national you must apply for an Electronic Travel Authorization (eTA) before traveling to Canada. US citizens are excluded from this requirement. For further details on exceptions and applications click [here](#).

Local Transport.

You will need a vehicle to commute between the various training point venues.

Can I ride my bicycle to the pool?

Yes, depending on the proximity of your accommodation.

Bicycles cannot be taken into the pool. There are bicycle racks but we still do not advise parking expensive bicycles outside.

Can I ride my bicycle to the running track?

You cannot bring your bicycle inside the athletics track fence. You can park your bicycle against the fence, on the outside, and a small lock gives peace of mind. The track is located adjacent to the pool.

Places to Buy Food

There are numerous food stores throughout the area from supermarkets to corner stores, as well as health food options. Here are some of the options:

- [Metro Mont-Tremblant](#)
- [IGA Tellier](#)
- [Super C](#)
- [Maxi](#)
- [Rachelle-Béry épicerie santé \(health food\)](#)



What is the training plan for the week?

A sample schedule is provided for general orientation but is subject to change based on weather, fatigue or unforeseen intervening factors. The intent is to cover as much of the IM Tremblant courses as possible during the various training sessions. The camp will also include a number of presentations on training for S/B/R as well as race preparation and strategies for IM Tremblant. Specific timings and meeting points will be re-confirmed daily.

Week 1

Sun 2 July	Mon 3 July	Tue 4 July	Wed 5 July	Thur 6 July	Fri 7 July	Sat 8 July
Swim - (pool 06.45am) Run – easy long	Swim (pool) Bike – hill strength work + short run off bike	Swim (pool) Run – track Bike – easy recovery	Swim (open water) Bike + Run Transitions	Swim (pool) Run – hill reps Bike – easy	Swim (pool) Run – intro to treadmill use	Swim (pool) Bike – long + short run off bike

Week 2

Sun 9 July	Mon 10 July	Tue 11 July	Wed 12 July	Thur 13 July	Fri 14 July	Sat 15 July
Camp 2 Swim (pool 06.45am) Camp 2 +3 Run – easy long Camp 3 Swim – recovery	Camp 2+3 Swim (pool) Camp 2 Bike – hill strength+ short run off bike Camp 3 Rest optional	Swim (pool) Run – track Bike – easy recovery	Swim (open water) Bike + Run Transitions	Swim (pool) Run – hill reps Bike – easy	Swim (pool) Run – intro to treadmill use	Swim (pool) Bike – long + short run off bike

** Camp 1 - 2 July to 8 July, Camp 2 - 9 July to 15 July, Camp 3 - 2 July to 15 July