

Enter the Triathlon Prep Program at Sanctuary on Camelback

Written by Story by Allison Young

Fine-tune your stroke and your stride at this staycation that'll put you through the paces.



SWIM. BIKE. RUN. Sounds simple, so why do triathlons seem so darn daunting? Well, doing three back-to-back disciplines is tough, not to mention the grueling training schedule which can be downright lonely. Enter the Triathlon Prep Program at Sanctuary on Camelback, a three-day affair that pairs you with world-class coaches and trainers who'll do a heck of a lot more than tweak your training.

To say you're in good hands is an understatement. Your swim coach is none other than Misty Hyman—yes, the same gal who took gold in the 200-meter butterfly at the 2000 Olympic Games in Sydney. Now a full-time coach and speaker, Hyman has an uncanny ability to break your stroke down into easily digestible bites. Then you've got Frank Sole, a seasoned triathlon coach who's trained everyone from beginners to Kona qualifiers. And the best part: you have them all to yourself. During your personalized one-on-one sessions, they'll analyze your form, correct mistakes and have you swimming, biking and running more efficiently.

As well as sport-specific training, you'll also work on body alignment, address muscle imbalances and condition your core (a must for triathletes), all under the guidance of Sanctuary's wellness experts. They'll help get you into top form for race day and keep you from being sidelined with an injury. Highlights include an assisted stretch that'll introduce you to muscles you didn't even know you had and a personalized Pilates session that'll work your stomach in ways you didn't think possible. Put together, the army of experts will answer all of your questions (some you didn't even know you had) and fire you up for race day.

Each day kicks off with a power breakfast of organic cage-free eggs with roasted potatoes and freshly squeezed lemonade or a yogurt parfait and whole wheat English muffin with turkey sausage. The key is having lean protein with complex carbs to sustain energy. You'll also have ample time to take advantage of the resort's other fitness perks: hike Camelback, take the property's mountain bikes out for a spin, work out in the state-of-the-art fitness center and take one of the more than 45 movement studio classes (think yoga, spin, Zumba). Each day ends on a high note with a muscle-melting treatment at Sanctuary's oh-la-la spa, including a 60-minute Sports Massage, a 60-minute reflexology session and a 90-minute Table Thai Massage. Of course, there's always the spa Jacuzzi, the outdoor hot tub or your room's tub, which comes complete with detoxifying bath salts and tea lights, for even more TLC.

And you can't forget the setting. You are at Sanctuary, after all. The service is top-notch, the rooms are to-die-for, the infinity pool is one of the best in the Valley and the scenery is spectacular. In other words, instant vacation state-of-mind. You'll walk away rested, relaxed and raring to go.

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The three-day package starts at \$1,788 for single occupancy. www.sanctuaryaz.com.