



Spring 2009 Triathlon Training

With **USAT Level 1 Triathlon Coach Joy von Werder**

- Have you ever considered training for a triathlon?
- Would you like to join other women and train as a group?
- Would you like to learn new skills and improve your fitness level?

Join the next triathlon training session. The 6-week program begins Saturday, March 28th, 2009. Training sessions take place at various locations in Oviedo/Winter Springs/Winter Park.

Wednesday evenings 6:30-8:00pm and Saturday mornings 7:30-9:30am

First Meeting Saturday, March 21st, 7:30am

Tuscawilla Country Club Clubhouse

We will be training to complete the Danskin Triathlon at Disneyworld on Mother's Day May 10th, 2009.

WHAT YOU WILL RECEIVE: **A detailed weekly training schedule.** Training focused on preparing you to complete your first sprint triathlon and improve your performance if you have already done a tri. Sessions include:

- Bike handling and running skills
- Open water swim practice
- Transition practice
- Nutritional guidelines
- Ongoing support
- Training Diary

FEE: The fee for this 6-week program is \$275
10% discount to second time participants.
10% discount if registered by February 28th (only one discount may be applied)

REQUIREMENTS: A bicycle in good working order and a **heart rate monitor**. **A positive attitude and a desire to do your best.**

Contact Joy @ joytris@yahoo.com or visit www.traintotri.net to register.

