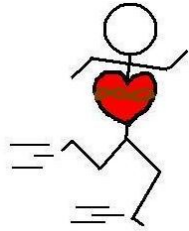


Special Guest Coach:

Kirk Nelson

Professional Triathlete
Certified USAT Coach
www.trikirk.com



Adult Tri Clinic

Have you ever wondered what it takes to compete in a triathlon? What do you need, how do you train, or where do you start? Maybe you want to take triathlon to the next level? If you said yes, this triathlon training clinic will be one you won't want to miss. Each session will focus on certain aspects of triathlon as listed below to help you reach your goals and maybe complete in your first TRI:

- Tuesday: Intro to triathlon with a focus on planning a season, nutrition, strength, and training methods
- Wednesday: focus on the Swim, strength, training, drills, planning workouts
- Thursday: focus on the Bike, strength, drills, position, improving speed, endurance and power
- Friday: focus on the Run, strength, form, improving speed and endurance
- Saturday: focus on Transition, group workout, fast paced, bike to run transition

Kids Tri Clinic

Kids 8—14, whether you only run, only bike or only swim, we want kids to know about and experience triathlon. This clinic will give you a solid understanding of what triathlon is, how the events work, we'll train, we'll run, we'll ride, we'll swim, we'll have fun. And at the end, we want you to do a triathlon with us at Castaic Lake.

So get up off the couch this summer and TRI something new.

Date: July 21st—25th

Time:

Adult Clinics:

Tuesday—Friday: 6-8pm

Saturday: 7am-10am

Kids Clinics:

Tuesday—Saturday: 8:30-10am

Triathlon Training Clinic Adults and Kids

How do I sign up or get more info?

Contact: Jeremy Stepan

Email: TriClinic@adageit.com

What does it cost?

- Full Camp Tuesday through Saturday: \$100
- Individual Days: \$30
- Private 1 hour coaching sessions: \$45