

# Have You Ever Dreamt of Taking on the Challenge of a Triathlon?

## Here are 5 Essential Skills you will Learn when you Complete this Training Course

1. How to Set your Bike up
2. Improve your Swim Technique
3. Power up your Cycle Technique
4. Develop Efficient Running Skills
5. Effective Results Based Training Tips

and much more.....

## 12 Week Novice Triathlon Training Course

Commencing September 27, 2008

### Includes

- **60+ Coached Sessions**
- **Seminar with Sports Physio**
- **Basic Bike Mechanic Workshop**

### How much is it?

- **\$370**
- **STC Members \$340**  
(Note: pool entry not included)

**Program Outline:** This is a 12 week program leading into the City of Rockingham Triathlon on December 21, 2008.

5 sessions per week, focussing on both skill and fitness improvements;

- 1 X Swimming: (Challenge Stadium) **Tuesday 7pm or Friday 7pm**
- 2 X Running: (Various locations) **Monday and Thursday 5.30pm**
- 1 X Cycling: (Challenge Stadium) **Wednesday or Friday 6.00am**
- 1 X Brick Session - Combinations of Swimming, Cycling and Running :( Various Locations) **Saturday 6.30am**

## CALL NOW!!!

To sign up, or for more information, contact:

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[www.stadiumtriclub.com](http://www.stadiumtriclub.com)

## Special Offer

The first 10 people to register will receive a free health assessment from Dr Rob Suriano, Head coach of Stadium Triathlon Club and Exercise Physiologist.

