

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 January 16, 2010

Includes

- **45 Coached Sessions**
- **Training Seminar**
- **Basic Bike Mechanic Workshop**
- **Bike Safety Check**

How much is it? *

- **\$430**
- **STC Members \$370**

* Discount for returning athletes

* Does not include pool entry fees

Program Outline: This is a 12 week program aimed to improve your confidence and competence within Triathlons.

Up to 4 sessions per week, focussing on both skill and fitness improvements;

- Swimming: (Challenge Stadium) **Tue 7pm, Thur 7pm or Fri 7pm**
- Running: (Various locations)

Mon or Thur 5.30pm

- Cycling: (Challenge Stadium) **Mon, Wed or Fri 6.00am**
- Brick Session - Combinations of Swimming, Cycling and Running :(Various Locations) **Saturday 6.30am or 8.00am**

To sign up, click [HERE](#) or see our website

For more information, contact:

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