



STADIUM TRIATHLON CLUB

Winter Group Training Programs

HAVE YOU EVER DREAMT OF TAKING ON THE CHALLENGE OF
A MARATHON, 1/2 MARATHON OR A TRIATHLON?
WE HAVE YOUR WINTER TRAINING WRAPPED UP WITH 5
COURSES TO SUIT YOUR GOALS

City to Surf Training Courses

All courses include a training seminar, phone
and online coach support plus:

Marathon

Commencing May 11

52 Coached Sessions

Personalised 16 week training program

\$420 (STC Members \$390)

Half Marathon

Commencing June 1

40 Coached Sessions

Personalised 12 week training program

\$300 (STC Members \$270)

12km

Commencing June 15

28 Coached Sessions

Personalised 10 week training program

\$220 (STC Members \$190)

To sign up for any of the 3 courses, [click here](#)

For further details and all enquiries, contact:

Shaun Sleep

shaunsleep@westnet.com.au

0439 753 379



WWW.STADIUMTRICLUB.COM

Triathlon Skills Training Course

All sessions coached by

STC Head Coach Dr Rob Suriano

Commencing May 4

Includes:

4 Week Course (May 4 to June 7. Note: no
sessions week commencing May 18)

12 Coached sessions focussing on skill and
technique for all disciplines

Small group (maximum 12)

Swim (Mon) 7.00 pm Challenge Stadium

Run (Wed) 5.30 pm Perry Lakes

Cycle (Sat) 7.30 am Various Locations

Cost \$250 (STC Members \$220)

(Note: pool entry not included)

To sign up, [click here](#)

10 Week Novice Triathlon Course

Commencing June 22

Includes:

30 Coached Sessions

Training Seminar

Bike Safety Check

Swim (Tue) 7.00 pm Challenge Stadium

Run (Thur) 5.30 Perry Lakes

Cycle / Brick (Sat) 7.30 am Various Locations

\$270 (STC Members \$240)

(Note: pool entry not included)

For those wishing to complete a City to Surf event, this
course can be combined with one of the
running programs. Contact Rob for details

To sign up, [click here](#)

For further details and all enquiries, contact:

Dr Rob Suriano

robsuriano@westnet.com.au

0419 107 932