

BEGINNER/INTERMEDIATE TRIATHLON TRAINING

JUNE 15 - AUGUST 17
5:45 AM - 7:00 AM ON FRIDAYS



2012

- Taught by Rayne Herzog, USAT Race Coach and Race Director
- Meets at Shelburne Beach for weekly swims, rides & runs
- Customized weekly workouts handed out at each training
- Swim, bike, run and transition techniques taught
- One hour nutrition consult Marcia Bristow, Registered Dietician
- Discounts at SkiRack, Fleet Feet Sports, XTERRA Wetsuits
- Save \$10 on RaceVermont.com Bike Jersey if ordered by March 1, 2012
- Guest speakers to cover topics of hydration, nutrition, heart rate training, bike maintenance & injury prevention
- One-time injury screening with Dee Physical Therapy
- Weekly emails to provide participants with training tips, advice, & motivation
- Post race celebration
- A great way to meet other triathletes and to get into triathlons
- \$199 if registered by June 1, \$249 after June 1 (payment must be received at time of registration)
- Limited to 20 participants.

SIGN UP AT SHELBURNE HEALTH & FITNESS OR BY CALLING (802) 316-7142