

Triathlon Training Program



This exciting triathlon training program will prepare you for a sprint triathlon. If you are fairly new to tri's or a veteran, this triathlon training program will get you fit and ready for the Tri Goddess Tri as well as the Ann Arbor Tri, the Waterloo Tri, or any other sprint race you want to do. The first session is held on Wednesday and Thursday evenings (you pick which of the two evenings you will attend) from May 18th through June 23rd, 2011. The second session will start July 6th and run through August 11th. Each session is filled with training tips, transition strategy ,race discussions, and **EXCITING WORKOUTS TO GET YOU READY FOR YOUR RACE!**

Bring your bike, running and cycling shoes, swim suit, goggles, and swim cap. Sports drinks, at least two water bottles, and a snack are also important. Other items you may want to bring along includes a towel, sunscreen, hat, and energy supplements (gels, etc) to ensure your best workout.

Register today! Spaces are limited to the first 15 participants. ALL CLASSES WILL MEET AT SILVER LAKE RECREATION PARK. YOU NEED TO PURCHASE AN ANNUAL PERMIT OR A DAY PASS TO GET IN TO THE PARK.

\$135 per person (No refunds). Drop in fee \$25

No refunds after the first session. NO SESSION 6/18

Mail-in: Send payment and registration form to 3060 Baker Rd., Dexter, MI 48130
Or Email/phone: Balancedbyfitness@hotmail.com; (734) 368-2983

Checks payable to "Balanced by Fitness". No refunds after June 1th, 2011.

Name: _____

Street address _____

City _____ State _____ Zip _____

Phone: _____ Wednesdays 8:30 – 10:00am ___ **OR** Thurs 6:00-7:30pm ___

Email: _____ Please select day/time