

JANUARY TRIATHLON TRAINING SCHEDULE 2012
 With Kathy Goody at Huntersville Family Fitness & Aquatics



CERTIFIED COACH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5-6AM	ONE ON ONE PERSONAL Tri TRAINING	ADVANCED TRI SWIM		ADVANCED TRI SWIM	
6-7AM	ONE ON ONE PERSONAL TRAINING	INTERMEDIATE TRI SWIM/CLASS		INTERMEDIATE TRI SWIM/CLASS	
7-8AM	ONE ON ONE PERSONAL TRAINING	BEGINNER TRI SWIM		BEGINNER TRI SWIM	
5:30-6:45AM 6:45-8:00AM			COOL BREEZE CYCLERY Computrainer Studio		
8-9AM		BEGINNER Tri SWIM/Tri CLASS		BEGINNER SWIM/TRI CLASS	
9-10AM	BEGINNER INTERMEDIATE TRI SWIM	CORE STRENGTH	BEGINNER INTERMEDIATE TRI SWIM	CORE STRENGTH	MAKE UP DAY
10-11AM			RUN TRAINING		MAKE UP DAY
11-12pm			GET YOUR FEET WET beginner tri training		
12-1PM	TRI TEAM SWIM		TRI TEAM SWIM		TRI TEAM SWIM
6:30-7:30pm			GET YOUR FEET WET beginner tri training		

Advanced/Intermediate Tri Swim/Tri class

So you know how to swim/tri but are looking for a group to train with. We will do some drill work but mostly work on building strength and endurance to gain speed in the water. For the class we will cover all aspects of training and racing; swim/bike/run including use of the Computrainer Studio up at Cool Breeze

Personalized Triathlon Training-By Appointment Only

If you prefer to individually work on your goals- this is your option. We will identify limiters and make good use of advanced testing and training techniques for optimal results. Regular assessments to mark improvements will be a part of your individual plan. Swim, Bike or Run we will design the plan for you.

Beginner Tri Swim/ Class includes stroke analysis and evaluation with lots of drill work in swim plus a plan and workouts for bike and run including strength and special topics such as transitions. The very beginner through experienced athlete will learn the skills and techniques for triathlon racing Cool Breeze Cyclery Computrainer Studio

Every Wednesday we will use the state of the art Computrainer Studio in Mooresville to dial in bike technique and the proper pedal stroke using spin scan analysis. Once we find your functional threshold watts we will work to build endurance and base fitness setting up for a great season.

Core/Strength

Supplement your workout routine with this fantastic all over body strength. You will see the difference in just a few weeks with this unique and effective core/strength program for improved flexibility and performance. Starting with anatomical adaptation progressing through strength endurance and maintenance

INTERESTED in a specialized class? YOU and at least 3 friends can meet with me and we will design your class. I'll set up a class for you and we'll cover all the aspects of SWIM/BIKE/RUN

E-mail Kathy: kgoody@huntersville.org for more information

