

SMALL GROUP MAP TRIATHLON SWIM TRAINING SESSIONS

**Each session is 2 days a week for an hour each day-schedule attached

SESSION I

January 5- January 30, 2009

BACK TO THE BASICS

*Breathing/Balance/Form-straighten that stroke out
Relearn the stroke without building bad habits*

SESSION II

February 2- February 27, 2009

GAINING STRENGTH&ENDURANCE

*Learn to hold form while going the distance adding effort and power with swim stroke specific strength
exercises in and out of the water including paddles, fins and tubing*

SESSION III

March 2-March 31, 2009

LEARN SPEED AND RACE READY

*Now get race ready by holding speed, sprints and efforts
Learn tri specific skills such as drafting/sighting getting comfortable
n a group and race starts*

SPRINT TRIATHLON MARCH 29, 2009

VENUE AT THE HFFA CENTER

Sign up for sessions at the fitness desk or front desk or e-mail kgoody@huntersville.org and get ready
to race. There are many options and times for each session.