

## NOVEMBER TRIATHLON TRAINING 2009 SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5-6AM	ONE ON ONE PERSONAL Tri TRAINING by appointment only	ADVANCED TRI SWIM		ADVANCED TRI SWIM	
6-7AM	ONE ON ONE PERSONAL Tri TRAINING by appointment only	INTERMEDIATE TRI SWIM/CLASS		INTERMEDIATE TRI SWIM/CLASS	
7:00-8AM	ONE ON ONE PERSONAL TRAINING by appointment only	BEGINNER TRI SWIM		BEGINNER TRI SWIM	
5:15-6:30am			COOL BREEZE CYCLERY Computrainer Studio		
6:30-7:45am			COOL BREEZE CYCLERY Computrainer Studio		
9:00-10:00	INTERMEDIATE TRI SWIM		INTERMEDIATE TRI SWIM		
10:00-11:00am	RUN TRAINING	CORE STRENGTH	RUN TRAINING	CORE STRENGTH	TRI TEAM SWIM
12:00-1:00PM	TRI TEAM SWIM		TRI TEAM SWIM		
11:00-12:00					TRI TEAM SWIM
8:00-9:00am		BEGINNER Tri SWIM		BEGINNER SWIM/TRI CLASS	
9-10:00am		BEGINNER TRI CLASS		BEGINNER TRI CLASS	
1-2pm		BEGINNER TRI SWIM		BEGINNER TRI SWIM	

### Intermediate Tri Swim

So you know how to swim 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.

**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 next year.

### Core Strength

Supplement your workout routine with this fantastic all over body workout. You will see the difference in just a few weeks with this unique and effective core program for improved flexibility and performance.

### Run Training

From beginner to advanced runners you will benefit from this class incorporating plyometrics, hills, interval training and your specified target distance. Get ready for our October 5k and 10k Halloween Race

**Triathlon Private Personal training** includes fitness testing with detailed

personal training plan using heart rates and state of the art customized workouts. We will address core and over all strength in each discipline and use our one on one sessions to accomplish your goals **See Kathy Private Swim Lessons EVEN FOR THE NON SWIMMER** includes every aspect of the freestyle swim stroke. Learn to swim again by going back to the basics and working on breathing, balance in the water and stroke efficiency and so much more. **See Kathy for appointment.**

**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 and so much more. **See Kathy for appointment.**

E-mail Kathy: [kgoody@huntersville.org](mailto:kgoody@huntersville.org) for more information

