

JANUARY/FEB./MARCH TRIATHLON TRAINING SCHEDULE 2009

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5-6AM		INTERMEDIATE TRI SWIM ONLY		INTERMEDIATE TRI SWIM ONLY	
5:30- 6:30AM			INTERMEDIATE TRI CLASS		
6:00- 7:00AM	TRI TEAM SWIM	MAP TRAINING TRI CLASS		MAP TRAINING TRI CLASS	
7-8AM	TRI SWIM BEGINNER		TRI SWIM BEGINNER		
8:30-9:30	TRI TEAM SWIM				
9:30- 11AM	TEAM TRIUMPH TRI CLASS		TEAM TRIUMPH TRI CLASS		
10:00- 11:00AM		TEAM TRIUMPH SWIM		TEAM TRIUMPH SWIM	
11:00- 12:00					
11:30- 12:30PM	MAP TRAINING TRI CLASS	TRIATHLON SWIM ONLY	MAP TRAINING TRI CLASS	TRIATHLON SWIM ONLY	MAP TRAINING TRI CLASS
1:00-2:00 PM			TRIATHLON SWIM ONLY		

MAP Training Tri Class includes initial evaluation with training plan for desired race distance and workouts in all three disciplines run/bike/swim plus special topics. This will get you ready for MAP or any race of your desired distance.

Intermediate Tri Class

So you have done a race or two and are looking for a plan to follow as well as a group to train with. We will take your triathlon training to the next level.

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.

Triathlon Swim Only includes stroke analysis and evaluation with lots of drill work and technique for swimming efficiency as well as triathlon skills for racing.

Triathlon Swim Beginner Class includes stroke analysis and evaluation with lots of drill work and technique and progresses from the very beginner start up techniques to race ready for swimming efficiency as well as triathlon skills for racing.

Triathlon 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 for appointment.**

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 for more information