

TRI*SONOMA

TRIATHLON CLUB AND TRAINING CLINICS

TRIATHLON TRAINING AND RACING CLINICS IN THE SONOMA WINE COUNTRY **JULY 9 - 11, SAN FRANCISCO / TREASURE ISLAND TRIATHLON**

- ✓ Do you want to get faster at your current fitness?
- ✓ Do you want pre-race advice and post-race debrief?
- ✓ Do you want to learn professional triathlon racing tips?

Technique is the limiting factor of athletic performance. Fitness training is unique to each individual, but proper education, form and technique are critical for all triathletes. At your current fitness, you can actually go faster by implementing technique factors...such as running posture, pedal stroke and swim form.

Our coaching is conducted in the beautiful Sonoma Wine Country - 2 days include classroom instruction & swim, bike and run workouts. On day 3 we race, as a team, in a Sprint Triathlon where you will apply your newly acquired knowledge. Our pros will over see your mental preparation, transition set-up and race warm up.

Our goal is to make you faster at your current fitness.



- * *PERSONAL COACHING of 20+ hours*
- * *Training in the bike friendly town and hills of Sonoma Valley*
- * *For more information or to register, visit www.trisonoma.com*