

# TRY A TRI

## A FIVE WEEK COURSE TO GIVE YOU THE FITNESS AND CONFIDENCE TO FINISH YOUR FIRST TRIATHLON!

Ever wondered about triathlon but didn't quite know where to start? This five week program consists of three dedicated sessions per week specifically designed for beginners.

The course culminates with participants completing in the second race of the **XOSIZE Tri Series in either the Sprint Tri or Mini Tri** both on Sunday December 6<sup>th</sup>: Sprint (500m swim, 20km ride, 5km run) or Mini (200m swim, 10km ride, 2km run).

During the course participants will receive:

- 16 supervised and structured training sessions from 3 qualified coaches
- Advice and training in swim, bike, and run, open water swimming, transitions, equipment, nutrition and race pace strategy
- Entry to the **XOSIZE Tri Series Sprint Tri or Mini Tri** race on 6<sup>th</sup> December (valued at \$80 Sprint, \$56 Mini)
- Race day support & post race snacks
- Free one month membership to XTC tri sessions after successfully completing your race

### What Do I Need?

- Working bike (Mountain, hybrid, road bikes ok!)
- Helmet
- Comfortable running/riding clothes
- Running shoes
- Swimming gear, wetsuit recommended

### Do I need to be fit?

This course is best suited to those people who have some level of physical activity, though not necessarily swimming, riding or running. Team sports, casual running, swimming etc are all ideal. It is recommended that you have basic freestyle swim skills and can complete several 50m laps comfortably.

### Do We Do A Practice Race?

Yes you do a run-ride-run under race conditions at the end of week 4.

## Course Starts 4th November, \$225—RACE INCLUDED

	Day / Date	Session	Start	Duration	Location
WEEK 1	Wed, 4 Nov	Swim 1	6:00pm	60min	HALC
		Swim 2	7:00pm	60min	HALC
	Thu, 5 Nov	Run	6:30pm	60min	HALC
	Sat, 7 Nov	Ride	9:00am	90min	Kew Blvd
WEEK 2	Tue, 10 Nov	Run	6:30pm	60min	HALC
	Wed, 11 Nov	Swim 1	6:00pm	60min	HALC
		Swim 2	7:00pm	60min	HALC
	Sat, 14 Nov	Ride	9:00am	90min	Kew Blvd
WEEK 3	Tue, 17 Nov	Run	6:30pm	60min	HALC
	Wed, 18 Nov	Swim 1	6:00pm	60min	HALC
		Swim 2	7:00pm	60min	HALC
	Sat, 21 Nov	Ride/Run	9:00am	90min	Kew Blvd
WEEK 4	Tue, 24 Nov	Run	6:30pm	60min	HALC
	Wed, 25 Nov	Swim 1	6:00pm	60min	HALC
		Swim 2	7:00pm	60min	HALC
	Thu, 26 Nov	Swim/Ride/Run	6:30pm	90min	HALC
	Sat, 28 Nov	Run/Ride/Run	9:00am	90min	Kew Blvd
WEEK 5	Mon, 30 Nov	Open water 1	6:00am	60min	Elwood
	Tue, 1 Dec	Run	6:30pm	60min	HALC
	Wed, 2 Dec	Open Water 2	6:00am	60min	Elwood
	Fri, 4 Dec	Dinner	7:00pm		
	Sun, 6 Dec	Race	7:00am	120min	Sandringham

Note: Participants join one swim session per week.

**Do I get a T Shirt?** Sure do, we take the order from you the first week and you get it before the course finishes.

### Do We Practice Ocean Swimming?

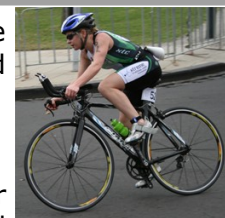
Yes. We do several open water swims, with expert guidance and coaching.

### How Do I Find Out More?

Please call Anthony on 0413 581 504

**How Do I Register?** Please call, or visit:

**Hawthorn Aquatic & Leisure Centre  
Ph: 88629100**



TIME FOR A NEW CHALLENGE

xtreme triathlon club

