



NEW Social Program Commences November 14th 2011

This casual training option is suitable to all levels of triathlete.

This is a great option if you are starting out in the sport, or just want a little flexibility with your training.



Coach Steve

A relaxed, fun group atmosphere with 3 fully coached sessions a week

Each week you will have 3 sessions;

- **A Ride session working on bike handling, pedal technique and training**
- **A Run session to build your endurance, speed and improve your run efficiency**
- **A Race specific session that includes open water swimming skills and training, riding and running in combination.**



Social Program

\$25.00 a week for Melbourne Tri Club members OR \$30.00 for non - members

Program consists of 3 coached sessions a week, including



1 x Bike session

Monday 6:00-7:00pm - Hawthorn Velodrome

1 x Run session

Tuesday 5:50-7:30pm - The Tan Track



1xRace Specific session

Thursday 6:00-7:30pm - St Kilda SLSC



The program suits all levels, from beginners, corporates, to athletes limited for time

For more details, contact Sean at sfos@optusnet.com.au or 0421 020 805