

Tri With Sway

Want to complete your first triathlon? Want to improve your Sprint or Olympic Distance time? Keep reading...this is the program for you!!

Training Program Outline:

- Training Period: June 28 through August 24, 2008
- Target Race: Fall Triathlon Festival in Moss Park (Southeast Orlando)
- Race Website:
<http://www.buttar.com/events/2008/08.23.08.FallTriFest/index.htm>
- Distance: Sprint Distance 8/23 and Olympic Distance 8/24
- Weekly training schedule with detailed explanation of each workout will be sent on Sundays
- Group workouts 1 to 2 times a week: Wednesday evenings/Sat or Sun mornings; Will vary throughout program
- Info: Coach Sway- aleusnoc@aol.com; Phone: 407-718-9707
Website: www.triwithsway.com
GEAR for MultiSport - gfm@gearformultisport.com
- Evaluation of your goals; one-on-one focus throughout program
- Cost - Group rate of \$125 per participant
- Discount of 10% off purchases at Gear for Multisport.

COUPON: Enjoy 20% off your next purchase at Gear for Multisport when you sign up for the training- 1109 Citrus Tower Blvd; Clermont, FL 34711

352-394-7434

www.gearformultisport.com