



## **Triathlon Performance Clinic**

### **January 22nd & 23rd, 2011**

This two-day clinic will be held at TRI-N-RUN of Lafayette, IN. located at 13 N. Earl Ave.

Join Former Pro Triathlete & Performance Coach Terry Butts and Dr. Andrew Hatchett Ph.D., Exercise Science, for the first-ever TRI-N-RUN multi-sport clinic.

This clinic is designed to expedite your learning curve and enhance your productivity in the multi-sport arena, through knowledge and practical application.

#### Clinic Outline:

- **Swim - form & technique (classroom / practical application)**
- **Bike - fit, form & technique (classroom / practical application)**
- **Run - form & technique (classroom / practical application)**
- **Components of a fast swim, bike and run (classroom)**
- **How and why to train with a HR monitor and/or Power Meter (classroom)**
- **Strength Training for the Endurance Athlete - (classroom / practical application)**
- **Injury Prevention - (classroom / practical application)**
- **Nutrition - (Classroom)**
- **How to build your own training plan - (Classroom)**

#### Cost

\$197 - January 1st, 2011  
\$250 thereafter

To secure your seat today or for more information please contact Terry, at [Terry@StrengthandEndurance.com](mailto:Terry@StrengthandEndurance.com)