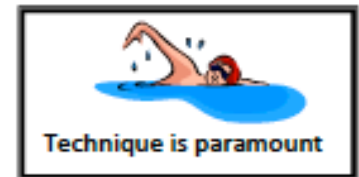


THE CHALLENGE OF TRIATHLON

D. Triathlon Training Anxieties – this program will help you:

- Eat and train with purpose
- Stay motivated
- Swim better and feel more comfortable in the water
- Become a stronger and safer cyclist
- Appreciate and develop better running potential while avoiding injury
- Avoid “rookie” mistakes
- Become more consistent and accountable
- Develop discipline
- Measure progress
- Appreciate your competition
- Recognize the power of having a “Can-do” attitude
- Get to the finish line
- Reach beyond what you thought possible



E. SWIM Basics

- Proper technique is paramount
- Even the best swimmers benefit from working on their technique
- Open-water swimming offers additional challenges
- Swimsuit and goggles - plus training aids
- Wetsuits – advantages and trade-offs
- City of Tucson Pools –

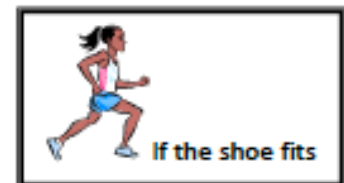


F. BIKE Basics

- Proper bike fit is paramount
- The type of bike you ride mostly affects your comfort and efficiency
- Being a safe cyclist requires both skill and knowledge – specifically, employing a strategy
- Bike gear – helmet, shorts, gloves, jersey, shoes, pedals, repair kit and more
- The joy of riding – becoming more bike-fit, climbing and descending hills, weather, and more

G. RUN Basics

- Proper footwear is paramount
- The value of technique and walking
- Running gear – shorts, top, socks, water, training aids and more
- Handling heat and sun exposure
- Staying healthy



H. Putting it all together

- Training Plan Design – progressive adaptation
- The triathlon lifestyle
- SWIM-BIKE-RUN – you can do it! And, over time, you can do it better...
- Transitions – T1 and T2
- Running off the bike
- Consider the finish line your next starting line