

# TRIATHLON SWIM CLINIC

**SUN. MAY 2, 2010 | Noon to 3:30 p.m.**

Woodruff Family YMCA | 631 Orange Avenue | Milford, CT

**Learn the Secrets to Effective Triathlon Swimming!**

**40-44 AG Ironman Champion Lisbeth Kenyon and working mom of 3...** Learn from this IM Champ how she fits in a world class training regimen, maintains balance in her life and keeps it all fun at the same time!

**\$125\***

**\*SAVE up to \$25  
Details Below!**



Join forces with nationally recognized endurance sports coach AL LYMAN along with accomplished amateur triathletes TODD KENYON (TTBikeFit.com) and LISBETH KENYON (40-44 AG Ironman World Champion).

## What you will receive:

- constant I-PUMA (instant poolside underwater video analysis) throughout the workshop, from two cameras and three coaches
- handbook w/all workshop materials, PPT slides, and laminated drill cue-sheet to take home
- detailed movie video file showing the drills & skills you will learn in the clinic
- constant feedback and one on one instruction from three coaches
- VASA's new DVD: "Better Technique + More Power = Faster Swimming", FREE for everyone in attendance, a \$35.00 value!



## What you will learn:

- fundamentals of proper freestyle stroke technique for effective triathlon swimming
- pivotal skill drills that will help you build the optimal freestyle swim stroke for triathlon
- key open water strategies to maximize your performance in the open water
- how to integrate strength training, stretching & flexibility for optimal results
- discover what YOU need to do to swim easier & faster in YOUR next triathlon

**FREE 30 MINUTE Q&A**  
**with Lisbeth Kenyon after the clinic for all attendees!**



**SIGN UP  
NOW**

**\*Reduced pricing for all, once we hit 16 attendees!** For every person above 15 who signs up, the price drops by \$5.00 for each attendee. So, with the 16th signup the price drops to \$120, for the 17th it drops to \$115.00 each and so on, up to a MAX OF 20 people... for a possible cost of only \$100! Refunds issued upon final registration tally.

**Invite your friends and save!**

**First come, first served. Limited slots available!**

**REGISTER ONLINE: <http://coach-al.com/clinics.html>**

**Info: Call 860-912-0818 or email: [coachal@coach-al.com](mailto:coachal@coach-al.com)**