



“Junior” Triathlon Training Camp

Come away with confidence to Swim-Bike-Run!

Join **Coach Al Lyman, CSCS**, for a special junior triathlon training camp! He'll teach you everything you need to know to complete your first or second triathlon successfully with a **BIG** smile on your face!



Who: Grades 7-12 Triathlon Training
Where: Mystic YMCA - Mystic Beach Camp
When: July 27—July 31 | Time: 9—11 a.m.



Ocean Community YMCA

Train for a triathlon with one of the area's best coaches. All camp triathletes will compete in a Triathlon at the end of the week.

Improve running, biking and swimming endurance and skill levels, learn race day techniques, improve your training programs and have fun doing it!

Coach Al Lyman, CSCS, is the owner and founder of Pursuit Fitness LLC, a nationally recognized coaching company for endurance athletes. He is certified by USA Triathlon, USA Cycling, and the National Strength and Conditioning Association, and is a member of the American Swim Coaches Association.

Member \$105 | Non Member \$210



Do you have triathlon questions? Bring them!
Go into your first or second race with confidence!

Learn More at: www.coach-al.com
or email: coach-al@coach-al.com