



Triathlon Swim Workshop

SUNDAY, NOVEMBER 9, 2008 - 8 a.m. to 4 p.m.
UConn at Avery Point, Groton, CT.

Only \$197.00

***Swim Easier & Faster
in your next Triathlon!***

LEARN THE SECRETS to EFFECTIVE triathlon swimming! Nationally recognized endurance sports coach Al Lyman along with accomplished amateur triathletes Todd Kenyon (TTBikeFit.com) and Lisbeth Kenyon (fastest amateur Ironman performance worldwide in 2007!) join forces to utilize



their collective 57 years of endurance sports experience for this exciting one-of-a-kind triathlon swim workshop.

What you will learn:

- three specific skills essential to EFFECTIVE triathlon swimming
- fundamentals of proper freestyle stroke technique for triathlon
- key open water strategies to maximize your performance in the open water
- how to integrate strength training, stretching & flexibility for optimal results
- pivotal skill drills that will impact your triathlon swim performance
- basic fundamentals for triathlon swim training
- mental training strategies to conquer mass start mayhem and anxiety
- discover what YOU need to do to swim easier & faster in YOUR next triathlon

What you will get:

- under & over the water videotaping and form analysis
★ ★ you will be provided your video and analysis on CD
- **one-on-one coach feedback** for each swimmer — two separate practice sessions
- opportunity to “test drive” the new Vasa Ergometer!
- handbook including all Power-Point slides and workshop materials
- much more, including many goodies from clinic sponsors!

For more information and to register, go to: <http://coach-al.com/clinics.html>

Info: Call 860-912-0818 or email: coachal@coach-al.com

LIMITED SPACE for optimal one-on-one coach/athlete interaction!! Act NOW!

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