



TRI 201

Train for your first Olympic Distance Triathlon!

Limited to 50 participants

Registration begins March 1, 2010. Register online at www.active.com.

Prerequisites

- Must have completed a sprint triathlon
- Can currently run a 5k
- Swim 100yd/m continuously
- Be able to bike 10+/- miles

Graduation Event

Rocket man Triathlon on Sunday, August 29th.
(Race Distance 1500m swim, 40k Bike, 10k Run)

Schedule

- ◆ Orientation meeting will be on **Thursday, May 6th**, 7:00 pm, Fleet Feet Sports.
- ◆ First Practice will be a run On **Thursday May 13th** 6:00pm @ Fleet Feet followed by a Triathlon Expo.
- ◆ Group training will be on Thursdays.

Cost

The cost is \$150 and includes:

- ◆ A 16 week workout plan, with group coaching
- ◆ A Fleet Feet Technical Shirt plus goodie bag
- ◆ Opportunities to participate in group training activities
- ◆ Entry in the Rocketman Triathlon