



Ocean Community YMCA

We build strong kids, strong families, strong communities

FREE Tri-Training Info Clinics with Coach Al!

Join “**Coach Al**” Lyman for FOUR successive

Tuesday night Triathlon “*chalk-talks*” from 6 to 7pm, on how to swim, bike, run, and eat better!



Jan 6th: How to **Swim** Better for Triathlon

Jan 13th: How to **Bike** Better for Triathlon

Jan 20th: How to **Run** Better for Triathlon

Jan 27th: How to **Fuel Your Body** Better for Triathlon

In each of these “chalk talks,” Coach Al will make a short presentation and offer some TIPS, discussing some of what he has learned in over 25 years as an endurance athlete and coach on how to improve in these areas. Time will be saved at the end for a Q&A segment and informal discussion so bring your questions!

STAY TUNED for more information COMING SOON on other triathlon, running, and swimming clinics HERE at our own Mystic YMCA!

Coach Al Lyman, CSCS, has been coaching endurance athletes of all ability levels since 1999. Certified by USA Triathlon, USA Cycling, the National Strength and Conditioning Association, and the American Swim Coaches Association, Coach Al has competed in hundreds of races over his career and is a 25-time marathon finisher with a Personal Best of 2:39 at the Boston Marathon, and a 9-time Ironman Triathlon finisher, including having qualified for and finished 3-times at the Ironman World Championships in Kona, Hawaii. For more information, go to: <http://coach-al.com>. For any questions regarding these clinics, email coachal@coach-al.com