

High Peaks Cyclery
presents a FREE

TRIATHLON SWIM CLINIC



Coach Al Lyman, CSCS
Coach & triathlete

When: Friday, July 24th at 4pm

Where: High Peaks Cyclery
2733 Main Street, Lake Placid

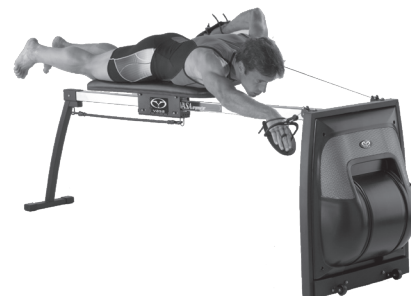
What: FREE CLINIC on
“How to Train for the Triathlon Swim”



Lisbeth Kenyon
Fastest Amateur
IronMan 2007 (9:41:38)

Presented by **Coach Al Lyman, CSCS** and joined by elite triathletes **Lisbeth Kenyon** (Team Fuel Belt) and pro **Alex “IronDoc” McDonald, MD**.

Learn how to integrate tools such as the Vasa Ergometer with power meter to improve your swimming power, strength, technique and more.



Alex McDonald, MD
Overall IronMan Lake
Placid Winner 2007

***This swim clinic presents
“MUST HAVE” training concepts.***

Coach Al Lyman, CSCS, (coach-al.com) has been coaching endurance athletes of all ability levels since 1999. Certified by USAT, USAC, the NSCA, and ASCA. Coach Al has competed in hundreds of races over his career as an endurance athlete and is a 9-time IM finisher including 3 Kona finishes.