



SUN. FEB. 8, 2009
12:00 to 5:30 p.m.
Ocean Community
YMCA, Mystic, CT

Triathlon Swim Workshop

Only \$125.00

Swim Easier & Faster
in your next Triathlon!



LEARN THE SECRETS to EFFECTIVE triathlon swimming!

Join forces with 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!). **UTILIZE their 57 collective 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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