

# TRIATHLON TRAINING IN THE SONOMA WINE COUNTRY

**Apr 29 - May 1, 2011: THE ENVIROSPORTS NAPA SPRINT TRIATHLON**

- GOALS:**
- √ Be faster at your current fitness by applying technique improvement
  - √ Implement professional race advice and race debrief & analysis
  - √ Learn professional triathlon racing strategies and planning

Technique is the limiting factor of athletic performance. Fitness training is unique to each individual, but proper education, form and technique are critical for all triathletes. At your current fitness, you can actually go faster by implementing proper technique...such as running posture, pedal stroke and swim form.

We train in the beautiful Sonoma Wine Country - the first 2 days include classroom instruction & swim, bike and run workouts. On day 3 we race, as a team, in a Sprint Triathlon where you apply your newly acquired knowledge. Professional triathlete and coach, Luc Morin will over see your mental preparation, transition set-up and race warm up.

*Our goal is to make you faster at your current fitness.*



- \* *PERSONAL COACHING of 20+ hours by Professional Coach Luc Morin*
- \* *Swim, bike, run training and coaching in the small town and hills of Sonoma Valley*
- \* *For more information or to register, visit [www.trisonoma.com](http://www.trisonoma.com)*
- \* *\$550 per athlete - includes technical training and post race debrief session*
- \* *Returning athletes and ePerformance athletes receive 10% discount*

**TRI\*SONOMA**  
TRIATHLON CLUB AND TECHNICAL DEVELOPMENT



**SportMulti**  
High Potency Vitamin and Mineral Supplement



**PowerBar**

**Luc Morin**  
professional triathlete