

# TRIATHLON TRAINING IN THE SONOMA WINE COUNTRY

May 4 - 6, 2012 : TRIATHLON TECHNICAL CLINIC & THE 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.*



## **FOCUS:**

- > **PERSONAL COACHING** of 20+ hours with Professional Coach & Triathlete Luc Morin
- > **Swim, bike & run technical & training aspects; in the classroom, on the bike, and at the track**
- > **Transition set ups and practice**
- > **Race day execution and post race DEBRIEF**

[WWW.TRISONOMA.COM](http://WWW.TRISONOMA.COM)

\$550 per athlete

*includes individual instruction, triathlon products, and take home wine!*

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

