

TRI-101... What is it & what can it do for me?



SWIM! BIKE! RUN! TRI-101 is a 15 week triathlon training program geared for those just getting their feet wet or for the intermediate triathlete. The camaraderie of training as a group offers positive guidance and fellowship to build your physical skills in all aspects of the multisport, plus there are great social perks and other member benefits!

Cost: \$100 members/\$149 nonmembers

While training, your benefits will include:

- Weekly Group Workout Schedules
- Event Specific Coaching
- Fitness Analysis
- Bike Fit
- Dealer Discounts
- Training with experienced (all levels) triathletes
- & more!

The kick-off meeting for TRI-101 will be Monday, January 28, 2008, at 7 p.m. at the Charlotte Avenue YMCA.

Ultimately, TRI-101 prepares you for the 2008, 3rd Annual "Tri The Rock", the Upper Palmetto YMCA's local sprint triathlon of the Upstate YMCA Sprint Triathlon Series. So come out and SWIM! BIKE! RUN!

For details or sign up, contact or come by:

YMCA Wellness Center
Attn: TRI-CLUB
1735 Heckle Blvd, Suite 122
Rock Hill, SC 29732
p. 803.366.8622

Or contact: Jim Martin
704.517.9585/trijimmartin@yahoo.com

*Be sure to visit our website at
www.therocktriclub.com
then tab Tri-101!*



TRI-101... Registration



Name: _____

Address: _____

Phone: _____
Home, mobile,
etc... _____

Email: _____

Date of
Birth: _____

Emergency
contact: _____
(name, number, relationship)

Experience Level: Beginner() Intermediate() Advanced()

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QUESTIONS...

So we may assist you better



- What are your #1 and #2 goals for the season? _____

- What number of hours can you devote to train each week?
 4-6 6-10 9-13 11-15 15+ OTHER
- What was your longest training week ever (in hours) and for what? _____

- How much (hours) do you train/workout now, weekly? _____
- List any sport, how long you were involved, and at what level (ie recreational, high school, college, national...) _____

- Please list any current medical conditions, recurring sports injuries, or other health issues that may restrict your training (high blood pressure, asthma, pregnancy, diabetics, allergies...) _____

- What are your nutritional habits?
 Health nut Good or better Mediocre Terrible-give me fast food
- My knowledge of nutrition is:
 Proficient Decent Use Improvement
- What are your strongest (1) to weakest areas (4) - number all 4.
 ___Swim ___Bike ___Run ___Strength/Flexibility
- Do you have a race specific element that you would like to improve on during this program? (run technique, leg strength on bike, swim technique, endurance...) _____

- Brief multisport competitive history (if any): _____

May we include your name, phone number and email address on a phone list? If yes, please write the information as you would like it listed: _____

