



TRIATHLON – MULTI SPORT PRE-SEASON CONDITIONING & TRAINING PROGRAM

Who: *BRIKTENSE* is coached by *Perception Multisport Coaches*;

- Ryan Ross (USA Triathlon Level 2 Certified Coach/Perception Multisport Owner)
- Kathy Boyd (USA Triathlon Level 1 and ACE Certified Personal Trainer)
- Stef Lagomarsino - USA Triathlon Level 1 Certified Coach; TRX Certified Instructor

What: Our pre-season conditioning program is designed to increase your speed and power abilities in swimming, cycling, and running. Each workout is either a swim to bike, or bike to run workout. Our workouts are highly specific to the sport of triathlon, and will use the winter months to prime you for the race season (spring and summer). Our program is designed for all abilities – total beginner to elite athletes. We have had athletes range from those who have never done a triathlon, to athletes who have won races. We tailor each workout accordingly.

Why: Simply put – Triathletes love their sport and want to perform well. Unfortunately most of us don't have a tremendous amount of time to train for such a demanding sport. Our programs are designed with this in mind. We will put you in a workout that will specifically train *you* for the race season. There is not one wasted moment in our workouts!

When: January 8th – March 11th (with March 18th available as a make-up session)

Time: Sundays, 7:00 - 9:00 am

Where: High Blue Wellness Center Lap Pool and Fitness Level

How: Register at the front counter of the High Blue Wellness Center or at www.active.com

Equipment necessary for participation in class (not provided):

- Road / Mountain Bike
- Indoor Bike Trainer**
(*This instrument allows your own road/mountain bike to become a stationary bike for training during class or at home)
- Cycling Shoes (suggested, not required)
- Running Shoes
- Swim Attire

Cost: \$149 for 10, 2 hour group sessions. (No refunds offered after first class has begun)

Contact Info:

For more information, please email ryan@perceptionmultisport.com, kathy@perceptionmultisport.com or heathera@beltonparks.org or call Heather at 816.348.7400 x7419.

PROGRAM OPEN TO ADULTS, 18 YEARS AND OLDER

See reverse for registration form

www.perceptionmultisport.com