



Triathlon Training

Beginners welcome!

June 10 - August 12

Fridays, 5:45 am - 7:00 am



2016

- Taught by Rayne Herzog, USAT Certified Triathlon Coach and Race Director
- **Meets at Shelburne Beach for weekly swims, rides & runs**
- Weekly workout plans given to participants
- **Swim, bike, run and transition techniques taught**
- Discounts at SkiRack, Fleet Feet Sports, XTERRA Wetsuits
- **Nutrition clinic with Whole Health Nutrition**
- Injury Prevention clinic with Dee Physical Therapy
- **A great way to meet other athletes and to get into duathlons and/or triathlons**
- \$159 or \$20 drop in
- **Limited to 25 participants.**
- Individual coaching also available. Ask Rayne for rates.

Sign up at Shelburne Field House (802) 985-4410,
or by calling Rayne at (802) 316-7142