Burlingame Aquatic Club

Triathlon Tactics 101

Is completing a triathlon one of your goals for the New Year?

If you are new to the world of triathlon and need some guidance on how to train, strategize and race a triathlon as a beginner or an athlete with little experience, then we have the program for you!

Triathlon Tactics 101 is a 6-session program for adults, that focuses on a range of topics from fueling, to injury prevention, to transitions, and will build your confidence and know-how for tackling the sport of triathlon. This is not a training program for banging out your miles. At each session, every athlete will be guided through race-specific information and hands-on skills that will develop your understanding of and strategy for the sport. You will gain confidence in learning the little things, which are not-so-little out on the race course, and the tips and tricks that come from having raced several triathlons.

Come to our **FREE** Orientation about this new offering and meet Coach Kristi Rossi on Tuesday, January 10th at 7:00pm at the Burlingame Parks and Recreation Center,

For more information contact: **kristi@burlingameaquatics.com**

BURLINGAME AQUATIC CLUB
1 Mangini Way, Burlingame CA 94010
(650) 558 2881
www.burlingameaquatics.com

Follow us on