



TRIATHLON 101 CLINIC

PROFESSIONAL ENDURANCE COACHING

Join the USATriathlon certified coaches of Zoom Performance for this informational clinic, where they will discuss all of the beginning aspects to your triathlon journey. You will learn the essential elements and the best tricks of the sport that will give you the confidence to perform and get the most benefit out of your triathlon training and racing!

CLINIC TOPICS

- Open-water swimming
- Bike strategy
- Run strategy
- Nutrition
- Recovery techniques
- Training and racing gear

LOCATION

Community Center
1600 S. Withers Road,
Liberty, MO
64068

DATE

July 17, 2014
6-7:15 p.m.

PRICE

Free!



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