

## Tri Columbia Boot Camp

### 4 Week Program

Signed up for a race? Now you need a plan to insure that you reach the finish line.

This interactive educational four week clinic offers skill-based training that provides the support you need to insure a safe and successful race experience. TriColumbia's Boot Camp is designed to help participants understand how to train and properly prepare for race day. We will cover what's required in establishing your own successful training program by focusing on skills and techniques in all components of a triathlon, nutrition and body mechanics. In addition, we will also provide a sample 12 week training program for Sprint/Olympic distance races.

Clinic fee includes: Four small group sessions with personalized attention by coaches focusing on proper swimming technique (Sessions 1-4), biking cadence and gearing technique (Session 3&4), running technique and training (Session 3&4). Session 1 will include a Functional Movement Screen and Nutrition presentation. Session 2 will include a Core Session and guidelines on creating a training program.

**Date:** Sunday, March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> 25<sup>th</sup>, 2012

**Hours:** Session #1 - 1:00 pm - 3:30 pm OR Session #2 - 1:30 pm - 4:00 pm

**Location:**

Howard Community College, Athletic & Fitness Center, 10901 Little Patuxent Parkway, Columbia, MD (Entrance to Athletic & Fitness Center is off Hickory Ridge Road)

**Athlete Profile:**

This clinic is open to all athletes, but is especially helpful to those who plan to participate in the TriColumbia Celebrating Heroes Triathlon or Iron Girl Columbia Triathlon. Participants must be able to swim 200 yards non-stop.

**What To Bring:** Running Shoes and Socks, Towel, Swim Goggles, Swim Cap (optional), Swimsuit (please wear under your clothes), T-Shirt/Shorts, Bike & Helmet (Week 3 & 4)

**Fee:** \$200.00 + \$10 USAT Membership Fee

**Registration Deadline:** Saturday, February 28<sup>th</sup>, 2012. Space is limited

**Contact:** Anne Johnson, [Anne@tricolumbia.org](mailto:Anne@tricolumbia.org), 443-326-1608: Director of Triathlon and Wellness Training, USAT Certified Level 1 Coach.

[Register here for Session #1 – 1:00 pm – 3:30 pm](#)

[Register here for Session #2 – 1:30 pm – 4:00 pm](#)