

Buttar.com

# TRI 101

## TRIATHLON TRAINING PROGRAM

### Target Event: Moss Park Triathlon / Orlando Women's Triathlon, October 7-8, 2006

#### **Clinic 1 – Transition Clinic**

Saturday, 08/26/06, Coach Z, Cost \$35, 7:00 am to 9:00 am

Grace Hopper Hall, 1913 Meeting Place, Orlando, FL

Bring bike, heart rate monitor (if you have one), helmet, cycling shoes, swim suit, goggles, running shoes, towel, notebook and pen  
Mental skills, nutrition & supplementation, equipment check, transition drills, bike fit, swim session

#### **Clinic 2 – Running Clinic**

Thursday, 08/31/06, Coach Kim, Cost \$35, 6:30 pm to 9:00 pm

Grace Hopper Hall, 1913 Meeting Place, Orlando, FL

Bring bike, heart rate monitor (if you have one), helmet, cycling shoes, swim suit, goggles, running shoes, notebook and pen  
Mental Skills, Nutrition & Supplementation, Equipment Check, 1 mile tt, running technique, running drills

#### **Clinic 3 – Cycling Clinic**

Saturday, 09/02/06, Coach Z, Cost \$35, 7:00 am to 9:30 am

Grace Hopper Hall, 1913 Meeting Place, Orlando, FL

Bring bike, heart rate monitor (if you have one), helmet, cycling shoes, swim suit, goggles, running shoes, notebook and pen  
Mental Skills, Nutrition & Supplementation, Equipment Check, Strength training basics, Bike Time Trial, cycling technique

#### **Clinic 4 – Swimming Clinic**

Thursday, 09/07/06, Coach Kim, Cost \$35, 6:30 pm to 9:00 pm

Grace Hopper Hall, 1913 Meeting Place, Orlando, FL

Bring bike, heart rate monitor (if you have one), helmet, cycling shoes, swim suit, goggles, running shoes, notebook and pen  
Mental Skills, Nutrition & Supplementation, Equipment Check, Swim drills, open water swim, swim technique

#### **Clinic 5 – Running Clinic**

Saturday, 09/09/06, Coach Kim, Cost \$35, 7:00 am to 9:30 am

Grace Hopper Hall, 1913 Meeting Place, Orlando, FL

Bring bike, heart rate monitor (if you have one), helmet, cycling shoes, swim suit, goggles, running shoes, notebook and pen  
Mental Skills, Nutrition & Supplementation, Equipment Check, 1 mile tt, running technique, running drills

#### **Clinic 6 – Cycling Clinic**

Thursday, 09/14/06, Coach Z, Cost \$35, 6:30 pm to 9:00 pm

Grace Hopper Hall, 1913 Meeting Place, Orlando, FL

Bring bike, heart rate monitor (if you have one), helmet, cycling shoes, swim suit, goggles, running shoes, notebook and pen  
Mental Skills, Nutrition & Supplementation, Equipment Check, Strength training basics, Bike Time Trial, cycling technique

#### **Clinic 7 – Swimming Clinic**

Saturday, 09/16/06, Coach Kim, Cost \$35, 7:00 am to 9:30 am

Grace Hopper Hall, 1913 Meeting Place, Orlando, FL

Bring bike, heart rate monitor (if you have one), helmet, cycling shoes, swim suit, goggles, running shoes, notebook and pen  
Mental Skills, Nutrition & Supplementation, Equipment Check, Swim drills, open water swim, swim technique

#### **Clinic 8 – Lake Louisa Triathlon**

Thursday, 09/21/06, Free for everyone participating in all 12 clinics

Lake Louisa State Park, Clermont, FL

Event details available at <http://www.usat-ntc.com>

#### **Clinic 9 – Cycling Clinic**

Saturday, 09/23/06, Coach Z, Cost \$35, 7:00 am to 9:30 am

Grace Hopper Hall, 1913 Meeting Place, Orlando, FL

Bring bike, heart rate monitor (if you have one), helmet, cycling shoes, swim suit, goggles, running shoes, notebook and pen  
Mental Skills, Nutrition & Supplementation, Equipment Check, Strength training basics, Bike Time Trial, cycling technique

#### **Clinic 10 – Transition Clinic**

Thursday, 09/28/06, Coach Z, Cost \$35, 6:30 pm to 9:00 pm

Grace Hopper Hall, 1913 Meeting Place, Orlando, FL

Bring bike, heart rate monitor (if you have one), helmet, cycling shoes, swim suit, goggles, running shoes, towel, notebook and pen

Buttar.com

# TRI 101

## TRIATHLON TRAINING PROGRAM

### **Target Event: Moss Park Triathlon / Orlando Women's Triathlon, October 7-8, 2006**

Mental Skills, Nutrition & Supplementation, Equipment Check, transition drills, bike fit, swim session

#### **Clinic 11 – Swimming Clinic**

Saturday, 09/30/06, Coach Kim, Cost \$35, 7:00 am to 9:30 am

Grace Hopper Hall, 1913 Meeting Place, Orlando, FL

Bring bike, heart rate monitor (if you have one), helmet, cycling shoes, swim suit, goggles, running shoes, notebook and pen  
Mental Skills, Nutrition & Supplementation, Equipment Check, Swim drills, open water swim, swim technique

#### **Clinic 12 – Swimming Clinic**

Thursday, 10/05/06, Coach Kim, Cost \$35, 6:30 pm to 9:00 pm

Grace Hopper Hall, 1913 Meeting Place, Orlando, FL

Bring bike, heart rate monitor (if you have one), helmet, cycling shoes, swim suit, goggles, running shoes, notebook and pen  
Mental Skills, Nutrition & Supplementation, Equipment Check, Swim drills, open water swim, swim technique

#### **Who Is Eligible**

This training program is designed for entry level athletes (less than 10 events) of both genders and any age. We encourage groups of friends to participate together but guarantee you'll make new ones.

#### **Registration**

Register online at <http://www.buttar.com>

All participants must be pre-registered prior to clinic start (there is no day of clinic registration)

All clinics are limited to 25 participants so register early

#### **Questions**

Email [support@buttar.com](mailto:support@buttar.com) or call 888-281-0533

#### **Register for all 12 clinics and receive**

- \$120 savings!
- Special Edition Tri 101 T-shirt
- 20% discount on Advocare products
- 15% discount on triathlon entry fee
- FREE Lake Louisa Super Sprint Tri entry on 9/21/06
- FREE Guided course preview on 10/6/06
- Individualized workouts within the clinics