

# 2010 Triathlon Training Program

## Training for the Ramblin' Rose Triathlon Held at Gateway YWCA Winston-Salem, NC August 22nd, 2010

Training begins June 12<sup>th</sup> with a kick off meeting in the multipurpose room at 1:00 Pm

Not sure how to get started?  
The YWCA will help build your confidence and ability to complete your first triathlon!

### Training Programs includes:

- \*Introduction meeting scheduled for 6/12/10
- \*Structured 10 week training plan
  - \*4 Swim workouts with trainers
  - \*Scheduled group runs
  - \*Scheduled group rides
  - \*Instructional clinics on  
Bike Equipment, Training Nutrition,  
Transitions and Race Day Set-up Preparations

Sign-up Online at  
[Sportoften.com](http://Sportoften.com)

Cost:  
\$100.00 YWCA Members  
\$150.00 Non-YWCA Members