



# Adult Endurance Boost

Training for an event and need some motivation to get your swimming into gear?

- Introduction to interval training and effective workout patterns
- A rigorous workout series designed to help get you into swimming shape
- Primary emphasis is on workout, but program includes drill-work and some technique instruction
- Ideal for triathlon training—build your swimming endurance and improve technique

Mondays/Wednesdays/Fridays 7:00-8:30AM  
April 26th through May 21<sup>st</sup>

- 1.5-hour workouts three times per week under coach's supervision
- For adults only (18 yrs. and up)
- Participants must have the endurance to participate in a 1.5-hour swimming workout and be comfortable with the idea of a 2,000 yard (and up) workout
- Participants must have a proficient basic "crawl" stroke—this is not a learn-to-swim program

**Cornerstone Members: \$216**

**Program Pass Holders: \$240**

***Cornerstone Aquatics Center***

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*www.swimcornerstone.com*