



TRIATHLON TRAINING

Turbocharge your training regimen with Scott Gac, triathlon coach & top American finisher at the 2004, 2005, and 2006 ITU Long-Course World Championships.

Four one-hour (plus) workouts with expert coaching on technique, training strategy, and more

- Week 1: Intro to the Bike/Run Brick (50-min. aqua-bike/aqua-run; 10-min. intro to core strengthening)
- Week 2: Swim/Bike (25-min. swim, 35-min. Hydorrider)
- Week 3: Swim/Bike/Run (a killer hour of triathlon fun)
- Week 4: Swim/Bike (500 yd. swim test, 45-min. Hydorrider)

Sundays
6:00-7:15 PM
April 27 – May 18

Cornerstone Members: \$44

Program Pass Holders: \$66

Cornerstone Aquatics Center

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www.swimcornerstone.com