



# **TRIATHLON TRAINING**

*turbocharge your training regimen this summer*

Train intensively in all three disciplines  
regardless of the weather  
with our Aquatic Cross-Training Center

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

- Cycling training on our underwater bikes
- Running training with underwater treadmills, deep-water running, and shallow-water sprints
- Expert coaching on swimming technique (including open-water simulation)
- Train at higher intensity & with less impact

Sundays August 15th – September 19th

5:00PM-6:15PM

**Cornerstone Members: \$98**

**Program Pass Holders: \$149**

***Cornerstone Aquatics Center***

*55 Buena Vista Road • West Hartford, Connecticut 06107 • 860-521-3242*

*www.swimcornerstone.com*