

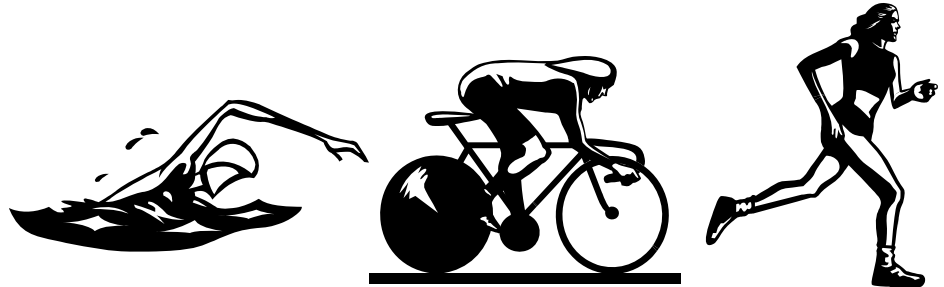


# Triathlete Development Series

Triangle Aquatic Center

**New topics  
each month!**

Make sure you make the most of your training!



Come learn great tips and techniques with our monthly workshops.

The area's top triathlon coaches will share their insight and offer materials for you to develop your triathlon savvy.

**Running Refinement and  
Evaluating Your Race  
6/21, Sun, 10:00-11:30a**

Join us after the Splash n' Dash and apply great tips on goal setting and applying post-race evaluation to keep improving. Coach Stacey Richardson will also focus on the "Dash" with some drills and workouts that you can practice on your own. \$15.

**Secrets of Race Day:  
Ready for Triangle Tri?  
7/10, Fri, 6:30-7:30p**

In the Triangle Triathlon or other upcoming races? Want to be someday? Come hear tips and strategies to keep race day smooth, enjoyable, and successful! Coach Vicky Yeingst will be leading this presentation and Q&A. Light refreshments available. \$10.

**Biking:  
Before, During, and After  
8/8, Sat, 12:30-2:30**

Biking and transitions are the focus of this info-packed two-hour clinic. Coach Marty Gaal will take the group through the finer points of transitions and help bring out the speedy cyclist in all of us. \$20

**What now? Off-season  
and Functional Training  
9/29, Tuesday, 7:00-8:30p**

As the season winds down, change your routine to off-season training and preventing injury (or mending wear-and-tear from the past few months). Coach Jackie Miller will review some workout approaches and discuss functional movement. Participants at this workshop will be eligible for a 10% discount on future one-on-one screenings. \$15.

See our website for coaches bios and updates!

If you have a topic you'd like to see in the continued series schedule, please contact our Program Manager, Doracy Harrison, at [dharrison@triangleaquatics.org](mailto:dharrison@triangleaquatics.org)!

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**Making a Splash in Our Community**