Triathlon Training Weekend
Mullaghmore
Sligo

July 2009

Saturday 25th – Sunday 26th

Give your training the boost it needs and let triathlons experienced coaching team help you achieve your best before the season ends.

Beginners and experienced athletes welcome.
Great value @ only 100euros pp
Including: Fully coached training sessions in all 3 disciplines as well as transition practice.
Your questions answered by Ireland's top triathletes with over 10 year's experience
And the best "après tri" Mullaghmore has to offer

Your coachs:
Brian Jenkins is one of Irelands leading triathletes and winner of the lost sheep ½ Ironman, as well as a level 2 triathlon coach.brianjenkins.ie
Stephan Teeling-Lynch is a swimming coach and personal trainer with many triathlon, swimming and cycling victories to his credit.stephentlynch.ie

Provisional Schedule

Saturday	**am**	**Swim**	sighting, entry, exit & transition practice
		Bike	time trial work, over gearing, hill repeats
	Pm	**Transition session + Run**	
Sunday	**am**	**Swim**	
	Pm	**Bike+Run (combined session)**	pacing and cadence work

Anyone interested contact Stephen
Email: stephanteelinglynch@hotmail.com
Tel: 0879973313

To secure your place email stephan with your details.
Local contact for the weekend is Pat Tuohy (patsummerhill@yahoo.com)