



UNIVERSITY of TRI

Triathlon Clinics

Presented by:

Midwest Mayhem Triathlon, July 18, 2010

Jackson County Triathlon, August 22, 2010

Midwest Meltdown, August 29, 2010

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Renaissance Coaching, LLC

Looking for a way to make your next triathlon your best? Come join in the fun at this classroom and field-based triathlon clinics! Every Thursday in April you can learn ALL aspects of multisport training and racing!

April 1: Training and Nutrition Periodization

- Building to your big event through scientifically-designed processes
 - Sport-specific volume metrics
- Using nutrition as an integral part of your overall training design

April 8: Triathlon Logistics – understanding how and why things are done that way

- Real-world experience and information from a promoters perspective.
- Race day preparation – what to expect and how to deal with the unexpected
- You're finished: now what? Looking to the next event and how to prepare

April 15: Swim Techniques & Skills for your best T1

- Extensive examples of the best swim form possible
- Not comfortable in the water yet? You're not alone! Skills to save your race!
 - Dealing with T1 (aka how to get out of that dang wetsuit)

April 22: Bike Handling Skills – getting comfortable on the bike

- Bring your bike for skill night
- Skills for an easy launch out of T1
- Getting past the "tri-geek" reputation – how to wow them on the next group ride

April 29: Running Off the Bike – skills for your best post-T2

- Triathlon running is different running – learning **RotB**
 - Nutrition in T2 – how to design and plan for it
- Advice and skills to have your best run split (it starts *ON* the bike)

www.renaissancecoachingllc.com



Where will we be?

All clinics will be held at **Cycle City Bike and Running Company** 6328 North Lewis Street, Suite 200, Parkville, MO 64152. Each clinic will be from 5:30 P.M. to 7:00 P.M. In addition to working with Renaissance Coaching's Jef Bishop (USA Triathlon Level 1 Coach, USA Cycling Level 2 Coach, NASM-CPT), you will have hands-on experiences and advice from local top athletes.

- \$200 for all five sessions includes:
- Handouts and materials for all clinic sessions
- One-on-one time with the coach and professionals
- Complimentary gifts from Maxxis (worth over \$150): set of Detonator tires, Maxxis apparel, and tire levers
- Complimentary entry to any of our sponsoring triathlons (\$60 value)

Clinic size is limited to first 25 participants so sign up as soon as possible. Individual class sessions are not available. If you are unable to attend a session you may pick up materials at a later date and time.

Register online at: <https://www.sportsbaseonline.com/events/index.xhtml?categoryId=23682>

For more information, please contact Jef at Jeffrey@renaissancecoachingllc.com