



TRI-Cities Triathlon Clinics by Upper Echelon Fitness and TAI

Our goal is to provide you with the information and skills that will make you a better triathlete. In this series of 2-day clinics, we will cover all three sports – swimming, cycling, and running - along with other important factors such as nutrition, training, transitions, and more. You'll be working with professional coaches ready to answer your questions. In this series you will learn techniques tailored to your level and improve your performance at one or all three triathlon sports.

Dates:

Clinic #1 March 27-28 Foundations of Training and Sport Skills
Clinic #2 May 22-23 Nutrition, Sports Psychology, and advanced skills
Clinic #3 July 10-11 Event preparation, taper, race day

Location:

Therapeutic Associates - West Kennewick
1408 N. Louisiana St. Suite 104-A
Kennewick, WA 99336

Coaches:

Linnea Alvord
Lara Brown
Russell Cree

Registration:

\$150 per clinic or \$300 for all clinics
30 Spots Available

March 27-28: Clinic #1

Day 1:	Day 2:
8:00am Registration 8:30 Intro to Camp 9:00 Triathlon Equipment Overview	8:00am Day 1 Recap, Q and A 8:30 Bike discussion: Bike fit, equipment needs, etc
10:00 Creating a periodized training program	10:00 Trainer Ride for pedal stroke eval
12pm Lunch	12pm Lunch
1:00 Swim - Instruction on the pool deck and then in the swimming pool. 3:00 Swim Discussion, Q and A.	1:00 Discussion of running 2:00 Group Run 4:00 Recap, Q & A

May 22-23: Clinic #2

Day 1:	Day 2:
8:00am Registration 8:30 Nutrition 9:30 Swim Presentation – Advanced Concepts	8:00am Day 1 Recap, Q and A 8:30 Bike Presentation – Advanced Concepts
10:00 Swim Instruction – Open Water	10:00 Bike Skills Session #1
12pm Lunch	12pm Lunch
1:00 Run Presentation – Advanced Concepts 3:00 Group Track Work-Out 4:30 Recap, Q and A	1:00 Bike Presentation – Advanced Concepts 2:00 Bike Skills Session #2 4:30 Recap, Q & A

July 10-11: Clinic #3

Day 1:	Day 2:
8am Registration 8am Sports Psychology Presentation 10am Transition 1 Set-up and Practice	8:00am Day 1 Recap, Q and A 8:30 Swim Workout and Instruction
12pm Lunch	12pm Lunch
1:00 Transition 2 Set-up and Practice	1:00 Group Ride
3:00 Race Day Prep and Taper	3:00 Group Brick Run
4:30 Recap, Q and A	4:30 Recap, Q & A