

Strength & Core Conditioning For Triathletes



What: We are offering a **Strength and Core Conditioning Course** for Triathletes.

- You will learn and develop Full Body Strength Conditioning
- Understand and develop Core Strength Conditioning

When: Starting Wednesday 28th January 2015 for 10 weeks

Time: 5:30-6.30am

Where: Coffs Coast Health Club, 600b Hogbin Drive, Toormina

Who: Anyone after more Body Strength and Core Strength and
Anyone who wants better Triathlon performance

Why:. It is important to develop **Full Body Strength** to maintain power and strength endurance during the **Swim/Bike/Run** legs.

It is important to develop **Core Strength** to aide in a stable **Swim/Bike/Run** body position and to reduce fatigue whilst holding these positions

Cost \$159 for the 10 week course, normally \$199. Direct Debit options available

(Exclusive Offer for Coffs Tri Club Members Only)

Contact Glen Barnett on 0411 037 097 or glen@coffscoasthc.com.au

