

# 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
- You will understand and develop Core Strength Conditioning

**When:** Starting Wednesday 20<sup>th</sup> May 2015

**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** \$144 for the 8 week Course, normally \$160. Direct Debit options available

**(Exclusive Offer for Coffs Tri Club Members Only)**

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