

## Triathlon For Juniors Clinic

### Albury-Wodonga

The clinic is for juniors involved in triathlon, running, cycling or swimming from recreational to experience levels.



All levels are catered for.

No matter what level of fitness or experience, first timer or hot shot.

Fee includes: activities, coaching and morning tea supervision , all activities, and morning teas.

### 4 Weekly Days from 9:00am to 12noon

- Age Groups: Sub-Junior group 7 to 11 years old, Junior group 12 to 16 years old.
- Ability Groups The clinic programs are designed to cater for different levels of fitness and experience. beginner, intermediate and advanced juniors. Minimum requirement for the participants is to be able to swim a 25m pool lap, ride the bike independently and enjoy running.
- Activities: Pool Swimming, Running and Bike Rides for all levels, Multisport Sessions, Free-weight Strength & Conditioning workouts, Fitness Test, Transition drills and more.
- Services: Supervision, coaching and morning tea.

Monday	Tuesday	Wednesday	Thursday
Pool Swim	Dry Land Exercises	Aquathlon (S+R)	Course Rehearsal
Bike Ride	Transition Drills	Duathlon (B+R)	Mini Triathlon Event
Morning Tea	Morning Tea	Morning Tea	Morning Tea
Running Drills	Bike Drills	Open Water swim Skills	Presentation