

## PIHC TRIATHLON COURSE 2010

Do you want to be part of the exciting triathlon scene?

Can you swim, cycle & run? \*

Do you want to begin participating or improve your performance in age-group triathlon events?



- Pre and post health assessment
- 10 Week program (3 sessions per week)
- Structured introduction to age-group events



### PRACTICAL SESSIONS

- Correct techniques (swim/cycle/run)
- Pool & open water swimming
- Interval, group, hill climb and time trial training for cycling & running
- Transitioning, rules, race information & tips

### THEORY SESSIONS

*Conducted by tertiary trained health professionals*

- Nutrition for triathlon
- Injury prevention
- Feet biomechanics
- Performance enhancement

Coached by:

**Katrina Mercer - WA Elite Triathlete, BSc (Exercise & Health Science) DipEd**

**Ben Mercer - Former Elite Athlete & Surf Life Saver**

**Course for Summer 2010  
Begins Monday 18<sup>th</sup> January**

To register or for more information, please contact Triathlon Coordinator Ian Wee on 9240 5266 or [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au)

Refer: [www.pihc.com.au](http://www.pihc.com.au)

\*Basic inclusion criteria apply