Teenage & Adult Triathlon and Multi-Sport Training
Sessions & Groups Term 1 - 2013

### Advanced Junior/Teenage Squads
**Suitable for 11 – 15 years**

- **Running Group**
  TUESDAYS 5:45pm – 7:00pm (Torquay)
  $8 per session or $70 for a block of 10

- **Swimming Training**
  THURSDAYS 6:15am – 7:30 am (Christian College Aquatic Centre Highton)
  $10 per session or $90 for a block of 10

- **Brick Session (Cycling Skills/Cycle to Run Transition Practice)**
  FRIDAYS 4:15pm – 5:00pm (Crit Track – Belmont)
  $5 per session

Participants also have the option of paying **$15 per week** (unlimited sessions for the week) or **$50 per month** (unlimited sessions for the month)

### Adult Squads & Training Groups

- **Running Group**
  TUESDAYS 5:45pm – 7:00pm (Torquay)
  $8 per session or $70 for a block of 10

- **Swimming Training**
  THURSDAYS 5:45pm – 6:45pm (Geelong)
  $10 per session or $90 for a block of 10

- **Brick Session (Cycling Skills/Cycle to Run Transition Practice)**
  FRIDAYS 4:15pm – 5:00pm (Crit Track – Belmont)
  $5 per session

Participants also have the option of paying **$20 per week** (unlimited sessions for the week) or **$70 per month** (unlimited sessions for the month)

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**SPECIAL DEAL – ’Great Ocean Road Marathon Training Group’**

The iconic Great Ocean Road Marathon Festival is fast approaching on the weekend of 18th-19th of May. With race distances varying from the Marathon (45km), Half Marathon (23km), a 14km course and a 6km course, there is something for everyone! So why not join our training group and give it a go?

Starting the week of 4th February (16 weeks from race day) we begin! For the small price of **$150** you get:

- Access to two squad sessions per week that will be individualised to your performance goals, athletic background and the event you have entered
- An individual program to follow in your own time for other running sessions throughout the week that is personalised to your needs and abilities
- Four specific workshops over the 16 weeks to help you along with your training in the topics of:
  - Injury Prevention, Running Strength and Conditioning/Mobility Exercises, Nutrition for Racing and Training & Mental Preparation Techniques
- Access to experienced and qualified coaches to help you with your running questions and technique
- Extra motivation that training with like-minded others can provide!

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For more information please call Michelle Hemley on 0402 299 589 or email info@getsetupinsport.com.au