

TRAIN FOR A TRI

WITH

TRI-LOGIC CORNWALL

cornwall's premier triathlon club

YOUR CHALLENGE:

Complete the Helston Triathlon (7th June 2009)
400m pool swim/16.5 mile cycle / 3.5 mile run
you CAN do it

JOIN OUR 12-WEEK TRAINING PROGRAMME DESIGNED TO GET YOU THROUGH YOUR FIRST TRIATHLON WHATEVER YOUR ABILITY AND FITNESS LEVEL

- ☀ Training programme customisable to your goals & lifestyle
- ☀ Learn how to make the most of your strengths and minimise any weaknesses
- ☀ Expert advice from our coaches and experienced triathletes
- ☀ Fly through transition with our tips and tricks

Programme commences early March 2009

Places are limited so book now to reserve yours!

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