

2010 Sprint Triathlon Class

Pre-Register: Email me your name and age at rdahlkel@bellsouth.net if you are planning on participating. I need to have an idea of how many people are planning on attending so that I can plan accordingly.

Attitude: Come prepared to push yourself aerobically. We will not be doing anything fast, but will spend a good deal of time on the bike and running. You will be expected to jog instead of walking. Only come if you want to be there and are willing to do the work.

Where: We will swim at GPS and do our biking and running in North Chattanooga. We will be in neighborhoods, not on roads with heavy traffic.

When:

Monday, July 26	8:00-10:00 am
Tuesday, July 27	8:00-10:00 am
Wednesday, July 28	8:00-10:00 am
Thursday, July 29	8:00-10:00 am
Saturday, July 31	8:00-10:00 am @ Lake Chickamauga

We will swim at the lake & bike the course. Parents, please come and follow the bikers.

Monday, August 2	8:00-10:00 am
Tuesday, August 3	8:00-10:00 am
Wednesday, August 4	8:00-10:00 am
Thursday, August 5	8:00-10:00 am
Saturday, August 7	8:00-10:00 am @ Lake Chickamauga

We will do a short swim and work on the swim and bike transitions

Sunday, August 8 Sprint Triathlon

Cost: The cost is \$40 per week or \$75 for the whole camp. Make checks payable to Roger Dahlke

Equipment: Everyone will need a suit, goggles, running gear, bicycle (with gears) and a helmet

Training: We will swim, bike and run every day (except Saturdays).

Swimming: 30 minutes every day (nothing too hard, just smooth, strong swimming)

Biking: Our biking will focus on becoming comfortable on the bike and with gears. We will spend 30-45 minutes each day on the bike. *The majority of the riding will be slow*

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Running: We will run 20-40 minutes each day. *The running will be slow and will focus on being able to run without having to walk.*

Transitions: We will work on a routine and organization of gear for the swim to bike and bike to run transitions

****Please be aware that you may have to bike and run slower than you want. We are going to bike and run as a group. If we have some volunteer help, we may be able to divide into more than one group, but putting the time in each event will be our focus rather than the intensity of each.**

Race: We will be training for the **Sports Barn Sprint Tri on Sunday, August 8.** You can find registration information at <http://www.sportsbarn.com/userfiles/file/popups/sprint/sprintregpopup.htm>. You are responsible for signing your child up (this is not included in the class). The race is comprised of a .25 mile swim, 8.2 mile bike and a 2 mile run.

Supported By:

Fast Break Athletics – For all your running needs.

East Ridge Bicycles – For cycling equipment and bike maintenance.

Please feel free to e-mail rdahlke1@bellsouth.net if you have any questions!