

swim bike run
STRONG·HARD·FAST



Beachside TriSport

www.beachsidetrisport.com

for more info, dates, and locations



**CERTIFIED COACHES
AND
SANCTIONED EVENTS**

2016

TRIATHLON TRAINING CAMP

For **BEGINNERS** as well as **EXPERIENCED ATHLETES**
looking for that **COMPETITIVE EDGE !!**

SPRING MINI CAMP

Swim Training:

*Friday Afternoons starting on April 15th
at Florida Tech pool*

Swim/Bike/Run Training:

*Sunday Mornings: May 1, 8, 15, 22, 29
at Ryckman Park, Melbourne Beach*

Offering SPRINT & OLYMPIC Distance Training

Beachside TriSport will prepare you for:

*Pineapple Man Triathlon (Sprint)
Heartland Triathlon (Sprint or Olympic)
Indialantic Boardwalk Triathlon (Sprint)*

Register **NOW** at **imAthlete.com**

<http://www.imathlete.com/events/BSTS2016>

or Search for "Beachside TriSport"

Registration Starts at \$200

Discounts Available:

- ✓ *Early Registration: Buy One Get One Half Off*
- ✓ *Returning Athletes*

WHAT DOES SPRING MINI CAMP INCLUDE?

- ✓ Workouts Led by USAT Certified Triathlon Coaches & USAT Certified Swim Coaches
- ✓ Camp Orientation Meeting
- ✓ Swim Clinic including: Stroke Clinic & Video Analysis
- ✓ Individualized Run Analysis
- ✓ Pre-Camp Bike Ride/Clinic
- ✓ Tire Changing Clinic
- ✓ Thursday Evening Tri Fitness Workouts
- ✓ Friday Coached Group Lap Swimming
- ✓ 5 Sunday Swim/Bike/Run Workouts with focus on Threshold Heart Rate Training for Experienced Athletes
- ✓ Open Water Swimming Practice
- ✓ Free Massages Every Sunday
- ✓ Weekly training calendar
- ✓ Group Camaraderie
- ✓ And so much more!

Not racing this year? No worries! Join the camp and get great workouts with FUN Group Camaraderie!!!