

COUCH TO TRI

Triathlon Camp - Beginner Friendly!



Get ready to run, ride, swim in 2018 - 8 Weeks to train & compete!
A great way to prepare for the 16th Annual Stowe Triathlon!

You'll love training for your first, or next Triathlon with this fun, supportive & educational Tri Camp!

**One Coaching Session/Week • Easy To Follow Training Plan
Education on What to Wear, How to Transition & More**

Coached by Steve Croucher "2016 XTERRA Pan American &
USA National Champion; 2017 ITU Cross Triathlon World Champion"

Sundays • March 18 - May 13

3/18, 10-11:30am • 3/25, 10-11:30am • Sat-3/31, 7:30-9:00am • 4/1 NO CLINIC
4/8, 10-11:30am • 4/15, 10-11:30am • 4/22 10-11:30am • 4/29, 10-11:30am
5/6 NO CLINIC • 5/13, 10-11:30am FINAL CLINIC • 5/20 STOWE TRIATHLON

\$185 Members / \$215 Nonmembers

Pre-registration Required • Sign-up at the Front Desk

Price does not include Triathlon entry fee

All Couch to Tri participants enjoy a half price 2018 Stowe Triathlon entry fee!

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

THE
SWIMMING
HOLE