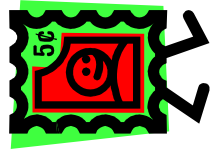

Triathlon Training Class

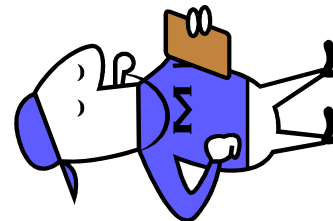
Do you want to learn, train, & compete in the sport of triathlon? For the "never done one" to "beginner" to "experienced" triathlete, learn the basics and training techniques that will help you excel.

Gary Bredehoft CSCS , a USA Triathlon expert certified Coach, a Joe Friel certified Ultrafit Associate Coach in triathlon, a certified strength & conditioning specialist, a RRCA certified running Coach, and an ACE Certified Personal Trainer has the knowledge and experience to coach & instruct you to your goals. Whether that would be to finish a sprint triathlon or compete at the Ironman level. Gary is A past 4-time Cornhusker State Games Triathlon Champion and is a World Championship Ironman Qualifier and Finisher in Hawaii.

Gary is the Cornhusker State Games 2010 Triathlon Race Director and Tiger Coaching & Personal Training will be the Race Sponsor.



Tiger Coaching & Personal Training
2110 Winthrop Rd Suite 100B
Lincoln, NE 68502



Tiger Coaching Triathlon Training Class

**Tiger Coaching & Personal
Training**



**Learn how to train &
compete in a Triathlon
Faster! Stronger! Smarter!**

**Nothing is ever
achieved that stays in a
dream.....
TAKE ACTION!**

Tel. 402-560-8280 or 402-488-8280
coach@tigercoaching.com
www.tigercoaching.com



Triathlon Training Class

- **21 weeks of clinics and group training including one group training session a week, plus monthly individual one-on-one coach to athlete goal meeting**
- Goal Setting & Training Schedule
- Group training with an Experienced Coach
- **Train for, and Finish the Cornhusker State Games Triathlon**
- Improve your Speed, and Form in swimming, cycling, & running
- Learn and Perform Drills to help you improve
- Guest Expert speakers
- Improve Strength & Flexibility
- Learn how to train for a Sprint, Olympic, or Ironman distance triathlon
- **VO2 Max Testing**
- Nutrition Information & Diet Analysis
- Stretching Techniques
- Open Water Swims
- Improve Running Technique
- **Video Analysis of swimming & running**
- Learn Training Tips
- Discounts to local running and bike shops

Topics include: Swimming, Cycling Mechanics, Nutrition, Strength Training, Active Isolated Stretching, Interval Training, Periodization Training techniques, Mental Techniques, Testing, & much, much more.

Class Fee:

\$475 (10 minimum participants) payment plan available - Class includes T-shirt, water bottle, Training log, and triathlon goodie bag.

Registration Age:

9th Grade to adult, all experience levels welcome

Class Sessions:

Classes will be held on Thursday evenings 7 p.m. - 8:00pm. Class begins on **Feb. 18th through June 27th**. Weekly coached group training session will be held once a week on either swimming, cycling, or running. Running on Saturday morning and Cycling on Sunday Morning (weather permitting), swimming will be scheduled on a weekly basis.

Class Location:

Tiger Fitness & Training Center
2110 Winthrop Rd. Suite 100B, Lincoln, NE



Tiger Coaching & Personal Training

Tiger Coaching Training Center
2110 Winthrop Rd Suite 100B
Lincoln, NE 68502

Questions Call 402-488-8280

Nothing is ever Achieved that stays in a DREAM.....TAKE ACTION!

TIGER COACHING & PERSONAL TRAINING TRIAHLON TRAINING CLASS INDIVIDUAL REGISTRATION FORM

(Include registration fee payable to Tiger Coaching)

Name _____

Address _____

City _____ State _____

ZIP _____ Phone _____

Email _____

Male Female Age _____

School Grade Fall 04 _____

Skill Level: Newbie - Beginner - Intermediate - Advanced

Goal Race Distance: Sprint - Olympic - Half - Full Ironman

Date of Birth: _____

T-Shirt size (circle): S M L XL

Class Fee \$ _____ (enclosed)

Credit Card # _____ Exp. _____

WAIVER

I know that competing in a triathlon training class is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained to the distances of this event. I agree to abide by any decision of the class official relative to my ability to safely complete the class, as well as abide by any recommendation to withdraw from the class, train at a slower pace due to weather conditions. I understand that the weather conditions are often hot and humid and there is a danger of heat related injury or even death. I assume all risks associated with competing in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including heat, humidity, traffic, and the road conditions. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Tiger Coaching & its employees, Cornhusker State Games, YMCA, Nebraska Wesleyan University, the City of Lincoln, and all Sponsors, their representatives, assigns, and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____

DATE _____