

## Ironman & Half Iron Training Clinic!

This clinic is designed to give you all the information you need to become the best triathlete you can be!

- Swim, bike & run technique analysis & recommendations
- Individual programs based on your schedule & ability
- Unlimited email communication, 3x clinics in Wanaka to meet others & learn the course!
- Sport science information to support your training & racing

### Clinic Specifics!

- Builds into Challenge Wanaka
- Includes 3 x 1-day Camps to refine technique, present material & get on course!
- Personal Programs for everyone
- First Camp mid-June to early July
- Training programs start July 1st!

#### Clinic Costs:

\$200 /month from mid-June to mid-January.

\$100 for each camp

*\*Limited to 10 participants!*

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Pre Registration Necessary!

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