



## TRIATHLETES

Or

**Anyone Wanting to Give It a “Tri”**

**Triathlon 101: March 12 – April 6**

**Swim clinics are here.**

Join us Monday and Wednesday nights at the Londonderry Workout Club 7:00-8:45. An hour and a half of pool time and 15 minute pre workout lecture all geared towards improving technique and endurance. Let me know if you want to jump in on the entire session or single sessions.

### What I'll Do

I will help you learn how to swim (the most feared of the three) more efficiently. Design a training program to work on your weakness and improve on them. Use video recording to help analyze your swim stroke to develop better mechanical efficiency along with physiological efficiency to lead to maximum performance.

**Group Rides and Runs to begin early April into the summer.**

Visit [athletescompetitiveedge.com](http://athletescompetitiveedge.com) or email [ltr\\_drk@yahoo.com](mailto:ltr_drk@yahoo.com) for more information

To register contact Londonderry Aquatics Director **Renee Collier** at 603-434-6565 X44 or

Email [renee.collier@theworkoutclub.com](mailto:renee.collier@theworkoutclub.com)

**Let's Start Training and Stop Working Out**



**Sports Training, Coaching and Conditioning**

Derek Lautieri



Cost for 8 sessions: Members 150.00 Non-Members 175.00

Can't commit to 8, 30.00 per session

Limit to 10 people