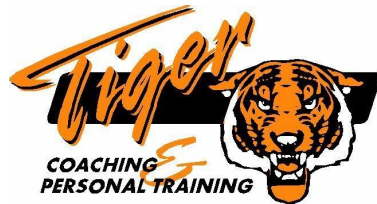


YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

YMCA Triathlon Training Class



Do you want to learn, train, and compete in the sport of triathlon? For the ñnever done oneö to ñbeginnerö to ñexperiencedö triathlete, learn the basics and training techniques that will help you excel.

Class Includes:

- 6 months of biweekly clinics & group training including one to two group training sessions a week
- Monthly individual one-on-one coach to athlete goal meetings
- Goal Setting and Training Schedule
- Group training with an experienced Coach
- Use of Downtown YMCA facilities during group trainings
- Train for and finish the Cornhusker State Games Triathlon
- Improve your speed and form in swimming, cycling and running
- Learn and perform drills to help you improve
- *Expert guest speakers
- Improve strength and flexibility
- Learn how to train for a Sprint, Olympic, or Ironman Distance Triathlon
- Reach your goals
- Nutrition information and Dietary Analysis
- Stretching techniques
- Open water swims
- Improve running technique
- Video analysis of swimming and 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, and much, much more.

About the Instructor:

Gary Bredehoft, CSCS, has the knowledge and experience to coach and instruct you to your goals. Whether that would be to finish a sprint triathlon or compete at the Ironman level, he will give you the support you need to succeed.

Instructor Qualifications:

- USA Triathlon expert certified Coach
- Joe Friel certified Ultrafit Associate Coach in triathlon
- Certified strength and conditioning specialist
- RRCA certified running Coach
- ACE Certified Personal Trainer
- 4-time Cornhusker State Games Triathlon Champion
- World Championship Ironman Qualifier & Finisher in Hawaii
- Cornhusker State Games Triathlon Race Director

Class Details:

- Initial meeting Thursday, February 14, 7:00 pm, Downtown YMCA
- Thursdays: Indoor Group Cycling class, 7:00 pm, outdoors beginning in May; Biweekly informational class, 8:15 pm, through April
- Saturdays: Run session, 7:00 am, location(s) to be announced
- Sundays: Swimming, 7:00 pm
- All sessions will begin at the Downtown YMCA unless noted
- Dates: February 12, 2008 - July 27, 2008
 - Training individuals for the Cornhusker State Games Triathlon on July 27, 2008
- Fees (Minimum 15 participants to hold training)
 - Lincoln YMCA Members, \$349 (past participants, \$329); Nonmembers, \$389 (past participants, \$359)

YMCA Triathlon Training Registration

Name: _____ Ph (H): _____ Ph (W): _____

Address: _____ City: _____ Zip: _____

Email: _____ Shirt size: _____

Date of Birth: ___/___/___ Circle one: Male Female School Grade Fall 07 ___

Please check one: Newbie Beginner Intermediate Advanced

Goal Race Distance: Sprint Olympic Half Full Ironman

Members: ___\$349/329 Nonmembers: ___\$389/359 Cash, check, M/C, Visa

Card type: ___MasterCard ___Visa # _____ Exp ___/___

Please return registration and fee to: YMCA Triathlon; Attn: Karla; 1039 P Street; Lincoln, NE 68508 (434-9238)