

# 2009 Triathlon & Duathlon Training Program and Clinics

Presented By:



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This program is geared toward athletes who will be participating in the 2009 **Mile-High Duathlon Series**, the **My Way or the Tri Way**, or the **Crescent Moon Sprint Triathlon**, but the principals will work for **any multisport event** you may be participating in this season.

These multisport events are a suitable for all ability levels. For beginners, they provide a great introduction to multisport racing, with manageable distances and a fun atmosphere. For the top performers there is a cash purse at each event.

The Mile-High Duathlon Series celebrates its 10th anniversary this year, and nearly 2,000 first-timers have participated over the years. It offers a "Fat Tire" division for those who choose to ride mountain bikes, and it is one of the most affordable multisport experiences you will find. For the elites, there is over \$4,000 in prize money. Everyone is eligible to win some great raffle items including a pair of Zipp Race Wheels valued at \$2,000

My Way or the Tri Way allows you to select two or three of the triathlon disciplines (swim, bike, run), and complete them in any order you choose. How fun is that! The atmosphere is festive, and it is a very beginner-friendly event, while the top-dogs will compete for \$1,000 in prize money. Everyone is entered in the drawing for a \$2,500 tri-bike from Campus Cycles.

The Crescent Moon Sprint Triathlon is another beginner favorite, and it occurs at the end of the summer season, when you are in your best shape of the year! The elites will compete for \$1,200 in prize money and everyone is eligible to win some great raffle items including a pair of Zipp Race Wheels valued at \$2,000.

We realize that the world of multi-sport racing can be intimidating, but there is really no reason to let that stop you from achieving your goal. That is why we have created a training program and clinic package geared to all ability levels, from beginner through intermediate and experienced.. This training program helps you to evaluate your current level of fitness and then design a schedule that is tailored to your background

as a runner or cyclist as well as to the demands of your busy schedule. The training program begins with the first of two hands-on clinics on March 28th. The second clinic will be held April 11th. These clinics are open to all athletes, regardless of ability level.

**The March 28th clinic** will focus on open water swimming skills in the comfort of an indoor pool and the swim-to-bike transition for triathletes. For duathletes, the March 28th clinic will focus on the run and the run-to-bike transition.

**The second clinic will take place on April 11th** and will focus on the bike and the run and on the bike-to-run transition for all athletes.

During these clinics, we will work together to "Learn the Ropes." From how to pace yourself, to the tricks of a quick transition, to learning open water swim skills, to the workouts that will make you a better duathlete or triathlete, these clinics will present valuable information vital to your success as a multisport athlete. Clinic details are provided below.

The training program is divided into 3 training phases. The first is the 12 week base-phase of training. As you near the conclusion of this phase, you will design your next phase, which works on building your anaerobic threshold and VO2 Max - in other words, your body's ability to process oxygen and deal with lactic acid.

Finally, you will move into the racing phase. This is where you work on getting faster!

The hands-on training clinics described below are produced and facilitated by the Front Range's leading endurance sport training provider, FastForward Sports. The training schedule that you will read about was originally developed by Darrin Eisman, owner of Racing Underground and the Mile High Duathlon Series.

Because a formalized swim training program is best administered under a trained triathlon swim coach, this program does not prescribe a swim training schedule. If you are interested in a detailed swim schedule in addition to the bike and run workouts, please check out FastForward Sports' TRIathlon training program.

# Clinic 1: Triathlon Open Water Swim and Transition (T1) Clinic OR Duathlon Run and Transition (T1) Clinic

When: Saturday, March 28<sup>th</sup>, 11:30 am – 2:00 pm

Where: [Colorado Athletic Club Monaco](#) (2695 S. Monaco Pkwy, Denver, CO 80222)

Join us for instruction and discussion of open water swim skills led by FastForward Sports' Ironman-experienced triathlon coaches. Then we'll head to the indoor pool for hands-on instruction in a variety of open water skills and techniques.

- Gain confidence for your upcoming open water triathlon swims in the safety and comfort of Colorado Athletic Club's indoor pool
- Practice proven open water swim techniques under the coaching and instruction of veteran triathlon and swim coaches
  - Surviving mass starts
  - Drafting
  - Open water sighting skills
  - Rounding buoys
  - Handling waves
  - Starting and finishing on land
  - Handling your wetsuit
- Learn tips for quick and efficient transitions from 2007 Ironman Wisconsin top transition-time competitors

Not a swimmer? Then join FastForward's coaches for a hands-on clinic on running form and technique that focuses on the first run of a run-bike-run duathlon. We'll also discuss and practice the run-to-bike transition.

- Learn pacing strategies for the duathlon run
- Get instruction and coaching on proper running form
- Learn your four running 'gears' for training and racing
- Learn tips for quick and efficient transitions from 2007 Ironman Wisconsin top transition-time competitors

Instruction and in-person contact with a FastForward multisport coach will be available at each clinic. The 6 month training schedule that accompanies the clinics is for your individual use and does not include coaching. If you are interested in further coaching and instruction above and beyond what is provided in the clinics, please consider FastForward's one-of-a-kind [TRIathlon or DUathlon training program](#).



**My Way or The Tri Way**



**Where you choose the race order!**

CRESCENT  
MOON  
SPRINT TRIATHLON

## Clinic 2: **Bike/Run and Bike-to-Run Transition (T2) Clinic**

When: Saturday, April 11<sup>th</sup>, 11:00 am – 1:00 pm

Where: Cherry Creek State Park (meet at [Bellevue Elementary School](#) parking lot - 4851 S. Dayton St. Englewood, CO 80111)

Join our experienced FastForward multisport coaches for a group ride followed by a group run, all at an easily-manageable pace. You'll also get hands-on training in the bike-to-run transition.

- Enjoy a 6 mile group ride in beautiful Cherry Creek State Park
- Learn tips for quick and efficient transitions and get plenty of opportunity for practice
- Follow up your speedy transition with a 3 mile group run on Cherry Creek State Park trails
- Learn pacing strategies for the bike and run

Instruction and in-person contact with a FastForward multisport coach will be available at each clinic. The 6 month training schedule that accompanies the clinics is for your individual use and does not include coaching. If you are interested in further coaching and instruction above and beyond what is provided in the clinics, please consider FastForward's one-of-a-kind [TRIathlon or DUathlon training program](#).



### **Pricing:**

\$60 One clinic (your choice) and the training schedule

\$100 Both clinics and the training schedule

**REGISTER TODAY at [www.MyEntryFee.com](http://www.MyEntryFee.com)**

Purchase of one clinic qualifies you for a \$25 discount on FastForward's March-through- August [TRIathlon or DUathlon training program](#). Purchase of both clinics qualifies you for a \$50 discount. FastForward's multisport training program provides 4 coached group workouts per week: one group ride, 2 group runs, and 1 group swim with an experienced swim coach on-deck providing feedback and stroke analysis. Coaches lead small bike and run pace groups composed of athletes of similar abilities. FastForward athletes access their training schedule, journal, and club message board through our easy-to-use Member's Only site.

## **Useful Links**

- FastForward Sports - [www.fastforwardsports.net](http://www.fastforwardsports.net)
- Racing Underground - [www.racingunderground.com](http://www.racingunderground.com)
- Mile High Duathlon Series - [www.milehighduseries.com](http://www.milehighduseries.com)
- My Way or the Tri Way - [thetriway.com](http://thetriway.com)
- Crescent Moon Sprint Triathlon - [www.crescentmoontri.com](http://www.crescentmoontri.com)