

# Attention Denver Metro Area Triathletes!!!

Peak To Peak Training Systems in collaboration with Campus Cycles is happy to announce tri-specific clinics to help you prepare for your races this season.

These triathlon clinics are designed for the first-time/beginner triathletes AS WELL AS for those who already have a few races under their belt. Each clinic will cover a specific topic, from basic skills and techniques in swimming, cycling, running and transitioning to nutrition before/during/after the race. We will also talk about bike maintenance and the rules/regulations of a USAT-sanctioned triathlon.

The clinics are held at the **Campus Cycles and Peak To Peak Coaching Studio - Lakewood location at 7310 W. Colfax Ave.** on Mondays at 6:30pm - AFTER our organized, no-drop Group Rides (which start at 5:15pm), and before the Peak To Peak Training Systems Indoor Cycling Classes (which start at 7:30pm) if the weather is bad enough to cancel the outdoor ride.

All attendees will receive 10% off their entire purchase (excluding bicycles) after the clinic, and \$5 OFF their Indoor Cycling Sessions

Mark your calendars for these dates:



**July 7 @ 6:30pm (1 hour group ride will be leaving at 5:15pm prior to the clinic) - Clinic #1**

**Key Focus:** Goal setting, season planning, base building

**Note:** Please bring a writing utensil and something to take notes on.

**July 14 @ 6:30pm (1 hour group ride will be leaving at 5:15pm prior to the clinic) - Clinic #2**

**Key Focus:** Short-Distance triathlon training basics

**July 21 @ 6:30pm (1 hour group ride will be leaving at 5:15pm prior to the clinic)- Clinic #3**

**Key Focus:** Long-Distance triathlon training basics

**July 28 @ 6:30pm (1 hour group ride will be leaving at 5:15pm prior to the clinic) - Clinic #4**

**Key Focus:** Basic bike fit, form and maintenance

**Note:** Please bring your front bicycle wheel and the tools you would use to change a flat tire. If you do not own tools or do not know what we are even talking about, the knowledge will be provided and the necessary tools can be purchased at Campus Cycles. You will also have an opportunity to set-up a full, professional bike fit with one of our knowledgeable staff members

**August 4 @ 6:30pm (1 hour group ride will be leaving at 5:15pm prior to the clinic) - Clinic #5**

**Key Focus:** Triathlon nutrition and hydration; injury prevention and basic treatment; discussion of gear needs and recommendations

**August 11 @ 6:30pm (1 hour group ride will be leaving at 5:15pm prior to the clinic) - Clinic #6**

**Key Focus:** Transition talk and race walk-through; mental preparation and how to maintain a positive race-day attitude; USAT rules and how they affect you