



January 10, 2008

PRTriCoach Swim Clinic February 10nd, 17th, and 24th

Check out <http://www.prtricoach.com/clinics.html> for upcoming PRTriCoach swim clinics

Training

Don't be a one hit wonder! I see it every year. People sign up for the local gym and hit it hard for a few weeks. The trick is how do we keep motivated. Here is one strategy.

Sign up for a race that scares you a little. Maybe one you are not sure you can complete or maybe in a discipline you are not familiar.

Push yourself-you will be amazed by what you can accomplish.

Triathlon and Swim Clinics

NE Wisconsin triathletes are lucky to have a wealth of knowledge to support their triathloning habit. Here are a couple of clinics that you should not miss.

5 STAR Tri Training Weekend!!!

<http://www.midwestsportsevents.com/events.php?EventID=20>



Tri 101

<http://www.foxtriclub.com/>

Racing

Have you ever participated in an indoor triathlon?

They can be a blast. One hour of pure pain! Please check out the link below to locate one in your area.

<http://www.trifind.com/wi.html>

Indoor training Movies

Over the Hedge (2006)



Blades of Glory (2007)

