



## **TRIATHLON CLINIC**

Starts Wednesday 29<sup>th</sup> June

The jewel of racing in the Okanagan Valley, this event is the largest in the BC Triathlon calendar. With 3 distances to compete in, Try-a-tri, Sprint and Olympic, there is an event for every level of athlete.

- Details:** Starting Wednesday 29<sup>th</sup> June
- When and Where:** Wednesday's 6 pm @ Fresh Air Concept  
Saturday's 8 am. We will divide our time between swimming in the Lake, and Bike/Run sessions in South East Kelowna.
- Who:** All levels of athlete. Try-a-tri, Sprint and Olympic participants will receive an 8 week program.
- Cost:** \$160 (does not include pool entry if required)
- What:** The clinic is based around providing athletes with the skills and knowledge to better their own training and racing. Weekly education sessions combined with progressive training programs and up-to-date training principles will ensure ALL levels of athlete gain something from their participation.

For more information email – [chris@freshair.ca](mailto:chris@freshair.ca)

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