



## Try the Tri Program for the month of December

The Westboro Tennis & Swim Club is offering a trial introduction program for you to try the WTSC Winter Triathlon Program for one month.

### Any level triathlete will benefit from the Tri Program

We help you develop the confidence and ability to achieve your triathlon goals through structured team based training, periodized, personalized coaching and plans, geared towards your ability--for a fun triathlon experience. The winter program focuses on building strength, power and endurance so you are ready to begin your season as strong as possible in the spring.



### **2011 Try the Tri Program Schedule (Dec 6-Dec 31)\***

The trial program is scheduled similar to the full winter program and includes a personalized training plan for the month, nutrition advice and (4) coached sessions per week. Choose (2) swims, (1) bike and (1) run/weight session per week.

### Cost

- Members can Try the Tri Program for Dec for \$99
- Non-members can Try the Tri Program for Dec for \$149 (If you join the WTSC as a member and join the Winter Tri Program (runs Jan 9-Jun 2, 2012) by Dec 31, 2011 we will waive your club initiation fee)

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30AM		Swim		Swim			
6:00AM			Bike		Run/weights		
6:30 AM		Swim		Swim			
6:30PM			Bike	Run/weights			

\*Subject to change at coach's discretion

**Contact Information: Diane Stokes, USAT, USAC and HeartZones Coaching Certified Coach and Personal Trainer [dstokes@fitbricks.com](mailto:dstokes@fitbricks.com) 508-579-2874**