



# TRIATHLON TRAINING

Want to do your First Triathlon or Improve?

Not Sure Where to Start

## Training Program

*Starts Feb. 8, 2009*

**KICK-OFF MEETING FEB. 4, 2009 - 6:30pm YWCA - 21st and Lewis**

**Target Race - Spring Fever Sprint Triathlon - April 19, 2009**

Swim 400 Meters, Bike 12 Miles, Run 2 Miles

***Group training program for those interested***

**Includes:**

Weekly Training Plan  
6 Coached Pool Swims  
3+ Group Bike Rides  
3+ Group Runs  
Shirt  
Discount on Spring Fever Race Registration  
TAT Membership  
Equipment Checklist

**Cost:** - \$90 plus your time

Registration info is located on [www.tatok.com](http://www.tatok.com) website  
under the Newbie News

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**TULSA AREA TRIATHLETES**

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Note - Registration Closes - Feb. 7, 2009 - Limited to first 15 signees.