



Introduction to Triathlon

Southern Stars Triathlon club is holding an introduction to triathlon course for beginners or those who would like to learn the skills, obtain the fitness and enjoy the wonderful experience of triathlon.

Triathlon can be a confusing sport. Many people want to have a go but don't know where to start. Most beginners have modest expectations... to finish in one piece, improve their fitness and we are able to offer this as well as the bonus of meeting new people and having fun.

This is where to start.

An eight (8) week course, designed with swim, bike, run and transition sessions ensuring both your fitness levels and triathlon specific skills are developed. We add to this nutrition, hydration and recovery information, race skills and finish the course with a real race experience.

Course details:

Start Date: 3rd May, 2010

Training Sessions are held in safe cycling and running environments.

Cost: \$250

SOUTHERN STARS^{Tri}



Training sessions are predominately in Mt Gravatt area

There are multiple sessions for each discipline allowing the opportunity to attend as many or few sessions as your personal timetable allows.

Absolute Beginner? Welcome – we offer a safe, friendly and supportive training environment, ability grouped to ensure you enjoy your training sessions.

The course is run by an experienced triathlon coach with years of coaching and racing experience. So, come out of the crowded and costly gym and join us outdoors.

Just looking for a group to train with for company and to increase your skills and fitness. Join our experienced athletes.

Check out the club website on www.southernstarstri.com
For further information on the course, and any queries or questions that you have, please don't hesitate to contact us on the number below, or email on southernstarstri@hotmail.com

*Any questions, to register your interest and/or
ensure your place please contact*

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