

## BTS Triathlon Course 2010

The BTS Triathlon Course is for adults of all ages, abilities and fitness levels who are interested in participating in a triathlon. The course teaches new skills and increases fitness in a group training environment. Past course participants have come from a variety of backgrounds including mums/dads with kids, young professionals, students, marathon runners and competitive swimmers. There is no need to own a road bike for the course and many of the participants will be on mountain bikes.

The program caters for people of all abilities and is progressive to allow for improvements in fitness and skill. There will be 5 sessions per week on offer throughout the course. These sessions will be held in and around the Brisbane CBD and inner northern suburbs. Sessions are either in the morning commencing at 5.30 am and finish no later than 7 am or in the evening from 6pm until 7pm.

The course commences on the 18<sup>th</sup> January and runs for 6 weeks. The following topics will be covered:

- proper technique and drills for swimming, cycling and running;
- transitions;
- bike maintenance seminar;
- bike fit-up seminar;
- ocean swimming;
- braking, cornering and balancing for cycling;
- group cycling skills; and
- core strength & flexibility.

The cost of the course is \$350 and includes BTS membership and 6 weeks training. The only additional cost is pool entry which is \$4 per session.

Participants conclude the course by completing the Enticer triathlon in the Gatorade Series at Raby Bay ([www.usmevents.com.au/qts](http://www.usmevents.com.au/qts)) on the 28<sup>th</sup> February. The event is 200 m swim, 5 km cycle and 2 km run.

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