

# Triathlon Club: Integrated Strength and Flexibility with Specialized Informational Sessions!

## Washington Sports Club's Endurance Programs By P9 Fitness

"Your Recipe for Life Long Distance Fitness"

### Program Description

**\*Triathlon Club & Collegiate Summer League** - Triathlon, the challenge of swimming, biking and running -all in one timed event - is a growing sport and is huge in the DC area. If you have always wanted to try a triathlon or are you a seasoned athlete ready to take the next step in your performance and looking for a dedicated coach for training plans, form, technique and nutrition, meet with our Head Coach and we'll get you on track!

The growth is happening in the Collegiate Divisions more than any other group! If you're a college student and interested in triathlon, this is a program specifically created for you. Whether you have a club at your home college/university but need some coaching and guidance while you're here in the DC area or you're attending one of the area colleges and want help starting at club at your school. The Endurance Program is here for you with one of DC's only Collegiate Triathlon Coaches running the show. We'll host a series of clinics, webinars and podcasts about Collegiate Triathlon as well as expert coaching and race preparation to support the growth of Collegiate Triathlon here in the DMV and nationally.

### Schedule - Starting May 2019

\*See Endurance Program or Coach for details

<u>Swimming</u>		<u>Cycling</u>		<u>Running</u>	
Mondays	6:45p	Saturdays	1:30p 10-20 miles (45-120 minutes) (Bike)	Sundays	3p (Trails)
Tuesdays	7:15a	Sundays	10a 15-25 and 30+ miles (90-150 minutes)	Mondays	5:45-630p
Thursdays	6:45p			Tuesdays	6:30a
				Thursdays	5:45p
				Saturdays	10a (Long Run)

Tuesdays TBA Nutrition, Testing, Presentations and more!

Fridays 5:30pm (Specialty Strength Endurance Training - gym)

WCS Endurance Programs by **P9 Fitness**



**P9 Fitness**



[P9 Fitness](http://www.P9Fitness.com)