

S P R I N G / S U M M E R 2 0 1 2

Sophiea Coaching

One Day Training Camps

Are you training for your first triathlon? Maybe you've already done a triathlon, and you want to be more prepared for your next? Perhaps you want to convince a friend to tri with you?? Join, **Laura Sophiea** and **Barbara Chandler** for a 1-day (4 hour) training camp at nearby Lake Acworth.

Lets get Tri Ready!!

These camps are designed to get the beginner triathlete ready for their next big race! Join Laura and Barbara to train your legs, lungs, and brains and gain essential knowledge that will have you flying through race day like a pro!

Quick Overview

- Light snacks and Goodie Bags to all participants
- Games, fun, and a low-key relaxed "get tri ready" adventure
- Presentations and technical instruction
- Tips for beginner triathletes; what you need to know to get ready for the big day
- Camp activities include swimming, biking and running; plus transition and technique tips!

About the Coaches:

Laura and Barbara bring over a combined 55 years of triathlon experience to these clinics. They both have excelled at all distances in triathlon. As coaches, their focus is on technique and training in all areas of triathlon including swim, bike run, transitions and mental preparation.

**ONLY 4 HOURS
OF YOUR TIME!!**

All camps are held on
Friday Morning
Except Wed. April, 25th

Time: 10:00 am - 2:00 pm

Dates:

April 13th & 25th

May 4th,

June dates TBD

Location: Acworth Beach
Bring your swim, bike, and run gear to Acworth Beach!!

Cost: \$99.00

Register Online at

www.SophieaCoaching.com

Camp Sponsors



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