

# The Triathlon Workshop

Presented by



Triathlon is an amazing sport that challenges us to tackle the demands of 3 vastly differently legs while pushing our bodies to the limit.

The Runner's Gait is proud to present our first Triathlon Workshop on 23 & 24 July 2011! The 2-part workshop will take participants through the following:

1. **23 July (Saturday), 3.30pm @ Sentosa, Tanjong Beach** – Tackling the Open Water. We'll cover the swim entry/exit, sighting, drafting and how to avoid getting hammered at the turning buoys.
2. **24 July (Sunday), 7.30am @ Upper Peirce Reservoir Park** – What to do in the Transition area, mounting/dismounting, nutrition and how to run off the bike with those jelly legs.

Conducted by Wille Loo (certified triathlon coach, OSIM 2010 Fastest Age Grouper, Aviva Ironman 70.3 2010 & 2011 Fastest Singaporean), the workshop caters to triathletes of all levels and will be very interactive. So come prepared with lots of questions and be ready for a good time!

The workshop costs \$30 per person and will be capped at 20 pax. To register, email your personal particulars to [wille@therunnersgait.com.sg](mailto:wille@therunnersgait.com.sg) with the subject "The Triathlon Workshop" or just give us a call at 64567868.