

**THE SCIENCE OF TRAINING**

# **SPORTFIT LAB**

## **2010 TRIATHLON CLINIC SERIES**

### **THE SCIENCE OF TRIATHLON – TRAINING AND RACING**

At SportFit Lab, we use scientific methodology, as well as our experience with athletes in the real world, to assess fitness and design training programs tailored to individual needs and goals. Now, you can benefit from our knowledge by attending our 2010 Triathlon Clinic Series. Learn the scientific principles and training techniques that will take you to a higher level of performance, while minimizing your risk of injury. See the SportFit Lab, and how we measure fitness, performance capacity, bike fit, and biomechanics.



#### **Doug Baumgarten, M.S.**

- Director, SPORTFIT LAB
- Harvard University graduate
- Masters in Exercise Science
- 25 years a personal trainer
- ACSM Health/Fitness Director
- USA Cycling certified coach
- Certified Medical Exercise Specialist
- SICI (Serotta) Certified Bike Fitter
- Competitive cyclist (time trial)
- Published author on fitness

#### **Beth Baumgarten, M.S.**

- Director, SPORTFIT COACHING
- George Mason University graduate
- USAT Certified Triathlon Coach
- #17 finisher, USAT Age Group Nationals
- #6 Regional USAT ranking
- Half-Ironman finisher

### **2010 (TENTATIVE) CLINIC SCHEDULE**

- FEBRUARY 19 (Friday) – 5:30 – 7:00 p.m.
  - The Science of Triathlon testing and training
  - Off Season training and conditioning
- MARCH 12 (Friday) – 5:30 – 7:00 p.m.
  - Strength Training for Triathlon
  - Avoiding and rehabilitating injuries
- APRIL 9 (Friday) – 5:30 – 7:00 p.m.
  - The Swim: training and conditioning
  - Swim stroke and race techniques
- MAY 7 (Friday) – 5:30 – 7:00 p.m.
  - The Bike: training and conditioning
  - Bike fit, equipment, and maintenance
- JUNE 18 (Friday) – 5:30 – 7:00 p.m.
  - The Run: training and conditioning
  - Avoiding running injuries
- JULY 16 (Friday) – 5:30 – 7:00 p.m.
  - Race strategies
  - The Transition
- MORE DATES AND TOPICS TO COME....
- GUEST PRESENTERS TO BE ANNOUNCED
- **SPACE IS LIMITED – PLEASE RESERVE YOUR SPOT AT [WWW.SPORTFITLAB.COM](http://WWW.SPORTFITLAB.COM) OR CALL US AT 703-657-7609.**

### **DIRECTIONS TO WORLDGATE SPORT & HEALTH**

VA-267 (Dulles Toll Road) to Herndon/Chantilly Exit (VA-657). Go north (toward Herndon) and turn right at 1<sup>st</sup> intersection (Worldgate Dr.). Enter the first driveway on the right (by Worldgate Theater sign). Park and enter mall by Starbucks. Go up to 2<sup>nd</sup> floor and enter club; pay at the front desk.

### **HOW MUCH DOES IT COST?**

\$30 (\$20 for Sport & Health members) for a 90-minute clinic.