

**THE SCIENCE OF TRAINING**

SPORTFIT LAB

2010 TRIATHLON CLINIC SERIES

THE SCIENCE OF TRIATHLON – TRAINING AND RACING

At SportFit Lab, we use scientific methods, as well as experience with athletes in the real world, to assess triathlon 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 Nat'ls
- #6 Regional USAT ranking
- Half-Ironman finisher
- Boston Marathon finisher

TRIATHLON CLINIC #6

FRIDAY JULY 16TH - 5:30-7:00 P.M.

“TRIATHLON TRANSITION & TACTICS”

- WHAT ARE THE RULES GOVERNING TRANSITION?
- HOW IMPORTANT IS A FAST TRANSITION TO MY OVERALL TIME?
- HOW SHOULD I SET UP MY EQUIPMENT FOR A FAST TRANSITION?
- HOW DO I GET THROUGH TRANSITION WITH MINIMAL TIME AND EFFORT?
- WHAT EQUIPMENT WILL HELP WITH TRANSITION?
- TIPS FOR ENTERING AND EXITING TRANSITION.
- DEMONSTRATION OF THE ENTIRE T1 AND T2 PROCESS!

PLUS:

- A TOUR OF SPORTFIT LAB AT WORLDGATE!
- FREE NUTRITION PRODUCT SAMPLES!
- OTHER SURPRISES!

DIRECTIONS TO WORLDGATE SPORT & HEALTH

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