

Triathlon Training Clinics

June 3rd through July 14th

This year the Statesville YMCA will be offering a series of seven Triathlon Training Clinics touching on many facets of this hugely popular sport. Several highly trained and experienced members of our staff have teamed up with veteran triathletes from our membership to develop a program designed to help you, the triathlete, to be better prepared and more competitive in this dynamic sport. We invite you to check out one or all of these seven great sessions designed to bring you to the next level in performance. For more information contact Tara Boyd at the Statesville YMCA 704-873-9622

Clinic 1 Swim 101

Thursday, June 3rd 6:00 – 8:00 PM Statesville Pool

This first clinic will focus on examining your swim technique and focus on perfecting stroke and breathing for maximum efficiency and speed in the water. This training will be led by Dorie Shore, a life-long swimmer and master instructor. Swimming drills and workout schedules will be introduced to further benefit training.

Clinic 2 Let's Get on It

Wednesday June 9th 6:00 – 8:00 PM Meet in the Statesville YMCA parking lot.

The second clinic focuses on the cycling and running leg of your Triathlon event. Andy Ammons, avid cyclist and long-time competitor in triathlon events will be the leader of this informative

and fun session. During this clinic we will be focusing on proper riding technique, road safety and correct form when riding in a group. This event will also contain a “Brick Session” where a run will follow the group ride.

Clinic 3 Eating to Win

Tuesday, June 15th 6:00 – 8:00 PM Wellness Room at Statesville YMCA of Iredell County

Our third clinic focuses on nutritional needs of the multi-sport athlete. Topics will touch on refueling during training, hydration needs, energy replacement sources (e.g. performance bars, gels, liquid meal replacements, protein drinks and powders etc), and race day food and drink. Jill Gillis, our staff Nutritionist will conduct this segment and can answer any questions you may have as it relates to dietary needs leading up to and on race day.

Clinic 4 Swim Review and Tweak

Thursday, June 24th 6:00 – 8:00 PM. Statesville YMCA pool
This is our second pool clinic and will focus on gaining speed and reviewing swim technique. Additional drills will be introduced to shave off as much time as possible from the swim segment of the triathlon. In this clinic we will be touching on trouble shooting techniques for the “What If’s of Race Day.” We will be giving tips on what to do if you are injured, get cramps, or panic in the water. Again, Dorie Shore will be the leader of this group session.

Clinic 5 Ride On

Wednesday June 30th 6:00 – 8:00 PM Meet in the parking lot of the Statesville YMCA.

Again, Andy Ammons will lead our group in a road ride followed by a run to become more familiar with this transition on race day. We will be touching on troubleshooting ideas for the cycling portion of the triathlon. Basic bike maintenance will be discussed

as well as what to do if you are injured or unable to complete the ride on race day.

Clinic 6 The Finishing Touches in The Water

Tuesday July 13th 6:00 – 8:00 PM Statesville YMCA Pool

We will be putting the final touches on swim stroke, timing swimmers to compare from the first session, and answering any last minute questions or concerns in preparation for race day.

Dorie will be available to work one on one to get you ready for your big event.

Clinic 7 Transition Clinic

Wednesday July 14th 6:00 – 8:00 PM

Meet in the parking lot at Statesville YMCA of Iredell County

We will set up a mock triathlon transition area and run through drills designed to make you aware of techniques to keep transition time to a minimum. This will prepare you for such things as equipment layout and tips to get you from one leg of the event to the other efficiently and comfortably. This will eliminate those jitters on race day about what goes where and what to do if...