

Southern San Diego Clinic Location Mission Beach



Date: **TBD**

Time: 9:00am - 12:00pm

Location: Bonita Cove, Mission Beach

Meeting location is marked in Yellow

Session # 1– marked in Yellow; Swimming & Wetsuit Basics (north Mariner's Basin)

Session # 2 – marked in Red; race simulation (near main lifeguard tower)
\$60/individual session \$100/both sessions

Limited to 10 Athletes

To secure your spot, call (760 819-2476). There will be special prizes for the first three athletes who pay for sessions 1 & 2.

Equipment athletes are encouraged to bring: wetsuit, swim gear & bright swim cap, snack/lunch & hydration, (2) tennis balls.

I will have 4 new wetsuits (various sizes) on hand in the event you don't have a triathlon wetsuit.

Agenda:

Meet time: before 9:00am (I will be there at 8:30am to start registration)

Start time: 9:00am
session (1) 9:00am - 10:30am
snack break time (bring your snack) 10:30am - 10:45am
session (2) 10:45am - 12:00pm

TS Challenge - there will be a heart-throbbing swim entry / swim exit event at the end of session 2. Anyone that comes within one minute of my finishing time will receive a prize from TS.

1-hour run

I will be on site at 7:00am for an easy, conversational pace run on the Mission/Pacific Beach boardwalk.

All athletes are welcome to join me.
Please let me know if you will be there.

North San Diego Clinic Location Oceanside



Session 1 - Red marking; is a calm, shallow, beach where we work on basic fundamentals.

Session 2 - Yellow Marking; is an ocean beach with waves. Here is where we put all of session one together and simulate the race/triathlon swim.