



Multi-Sport & Group Training

Available for everyone, whether you are new to the workout scene or are in peak physical condition, this program focuses on cross training of running, cycling, and swimming. Whether your goal is to complete your first tri, marathon or log your new personal best time, group training has many benefits.

DECEMBER 2009 SAMPLE TRAINING:

- Monday – Swim (Masters Class 7 am or on your own.)
 - Tuesday – Tri-the-Road Group Cycling Class 6 am
 - Wednesday - Swim (Masters or on your own) Run 3-5 miles
 - Thursday - Tri-the-Road Group Cycling Class 6 am/ Run Brick
 - Friday – Easy swim or OFF
 - Saturday - Bike 15-25 miles/ Run 30 min Brick workout
 - Sunday – Run (distance depends on what you are training for)
- Individual Training Programs available through Sherry Rennard, USAT Certified Coach (949) 274-3890 or CoachSBR.com



REGISTER TODAY!

Calendar of Events

Date	Type
2/7/10	Surf City 5k, Half or Full Marathon
3/7/10	Desert Triathlon – Sprint & Olympic Distances
3/20/10	Devil Dog Duathlon – Camp Pendleton
3/21/10	LA Marathon
4/11/10	Newport Beach Triathlon – Sprint Distance
5/01/10	Wildflower Triathlon – Sprint, Olympic and Half Ironman Distances
5/22/10	Orange County Duathlon

For more information, please contact:
Scott Crowell
crowells@sbcglobal.net

Central Orange Coast Family YMCA
2300 University Drive
Newport Beach, CA 92660
(949) 642-9990 • www.ymcaoc.org

