

ENDORPHIN *FITNESS*

BEGINNER *COACHING*

Endorphin Fitness has been empowering athletes to achieve more than they felt possible for over 7 years. We are excited about unveiling this new Beginner Program focused purely on empowering those with less than one year of experience in the sport. This **12-week program (Feb 27–May 20)** will coach you through the essential skills of the sport of triathlon enabling you to enjoy the sport safely and effectively for a lifetime. You will graduate with a proficiency in swim/bike/run technique, proper training techniques, transitions, nutrition, race strategy, and more. All participants will be encouraged to participate in the **Power Sprint Triathlon on May 20th** at the end of the program. Sign up and make your dreams a reality.

PROGRAM *PERKS*

All participants will receive the following:

Access to All Coached Practices
Detailed Training Plan
Access to EF Training Center
15% Discount to EF Tri Shop

Team T-Shirt
Access to Team Forum
Social Events
Team Lectures

TRAINING *SCHEDULE*

- > **Sat 8AM:** Bike and/or Run
- > Your Choice of One Swim per Week:
Mon/Wed/Fri 6:15-7:30AM or **Mon/Wed 5:15-6:30PM**
- > Optional: Strength Training **Tues/Thurs 7:15-8PM**, **Sat 10AM**

Additional training will be detailed via the training plan.

REGISTER *NOW*

12-WEEK COMPREHENSIVE PROGRAM
Payment Due at Start of Program: \$295

MORE *INFO*

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