

# Make 2010 your best year EVER

## Try Triathlon!



**A brand new opportunity, exclusive to York is launching on Saturday 6th February.**

The Try a Tri programme is aimed at first timers who fancy a new challenge, to get fit and healthy outside of the gym environment.

The programme will be led by British Triathlon coaches, with sessions catered to suit your individual fitness, goals and lifestyle. The triathlon sessions will cover a mixture of swimming, cycling and running and participants can choose to do all three or just one or two of the activities.

Perhaps you would like to train to take part in a triathlon or come with friends to train together to do a team triathlon. (one swims, one bikes and one runs).



**What ever your goals are for 2010 make triathlon part of it. Any ability level can attend – Age 14yrs +**

### **Saturday 6th February 2010**

Time: 10am

Session: Introductory swim, Core & Strength sessions & Run skills lead by qualified British Triathlon Coaches

Venue: Archbishop Holgate School, YO10 5ZA

### **Saturday 6<sup>th</sup> March**

Time: 10am

Session: Mix of Bike & Run

Venue: Archbishop Holgate School, YO10 5ZA

### **Saturday 17<sup>th</sup> April 2010**

Time: 9am

Session: Mix of Swim, Bike & Run with transition practice.

Venue: Archbishop Holgate School, YO10 5ZA

**All the sessions are in partnership with White Rose Triathlon Club, Craven Energy Tri Club and Freebird Events**

**For further information and to book to guarantee your place for the first session please contact;**

**Georgie Rutherford – [georgierutherford@britishtriathlon.org](mailto:georgierutherford@britishtriathlon.org)**

**The sessions are £5 each or £12 to book on to all 3.**