

TriBOISE

Coach Antonio's Weekly Update

WEEK OF MARCH 19, 2007

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CLINIC/WORKOUT FOR SATURDAY, MARCH 24

TRANSITION CLINIC:

This clinic consists of active drills designed to make your Bike-to-Run transition smooth, fast, and safe.

Clinic Details:

Equipment: Bike, helmet, sunglasses, cycling shoes, running shoes, running hat (optional).
Location: Fort Boise Community Center Tennis Courts
Key points: Transition setup, bike control, flying mounts/dismounts.

GROUP RUN:

Two mile run preceded by run specific drills. Run consists of 4 x ½ mile repeats with minimal rest. Goal is to run each ½ mile slightly faster than the one before.

RACE INFO

SPRING SPRINT TRIATHLON SCHEDULED FOR APRIL 6 & 7TH.

Contact the Downtown or West YMCA for more details.