

# 2008 Membership and Training Opportunities



## Are You Ready to Tri? Join the Tri Babes!

*When you become a member of the Boulder or Denver Tri Babes you join a network of motivated, supportive female athletes and coaches committed to helping each other reach their goals. While many women join for the group workouts led by certified and experienced coaches, there are MANY other benefits that make membership a valuable investment. Choose the membership option that best fits you and join today!*

### General Member Benefits:

- Multi-level group practices run by certified coaches. All levels welcome!
  - Athletes grouped and challenged based on experience, skill, and ability
  - No one is ever left alone or left behind!
- Guidance/instruction on effective use of heart rate monitor to maximize training
- Race simulation/"mini tri" opportunities to reduce anxiety, increase efficiency
- Fun, safe, supportive training environment focused on helping each individual athlete reach her goals and potential
- Workout and social community of supportive, fun-loving female athletes
- Member discounts up to 15% from Boulder Tri Babes sponsor companies
  - Includes discounted membership to Rally Sport Health and Fitness Club
  - No initiation (normally \$400), \$75/mo (normally \$87)
  - See web site for complete list of sponsors and discounts
- Special access to clinics/presentations by pro-level coaches and Olympic athletes



### Tri Babes Peak Season Training March 22-September 21 Cost: \$295

- Athletes will receive **race-specific training schedules** outlining daily workouts
  - Weekly schedules will include bike, swim, and run workouts + strength/flexibility exercises
- **Group workouts 3x per week** (Tues 6 p.m., Thurs morning 6:15 a.m., + Saturday 8 a.m. endurance workout)
  - Multi-level swim, bike, and run workouts at various outdoor locations. Occasional indoor workouts at Rally Sport (no extra charge)
- **Assessment** of running gait, swim stroke, and bike technique and recommendations for improvement
- Introductory **bike-fit** assessment
- All general member benefits listed above

### Boulder Tri Babes Sprint Triathlon 10-week Training Program July 15-September 21 Cost: \$195

**If you are just looking to do a late-season, all women's sprint triathlon, this training is perfect for you!** Our 10-week program will give you the skills, endurance, and mental preparedness to complete and compete in this new Boulder race.

- Weekly group training
- Training plan w/ daily workout schedule
- Skills clinics
- Practice "mini tri" race
- All levels welcome Great for beginners!
- General benefits listed above