

2012 Rookie Training Program



We will have an information session at Community Bible Church on **February 26**.

Check our website for more details, as they become available.

Signup online at SATriClub.com



Sportslife Triathlon Club is a Faith Based Multi Sport Club that will provide training, camaraderie and a whole lot of fun to athletes in and around the San Antonio area.

Our Rookie Program includes a booklet that contains a training plan for a sprint triathlon, a Sportslife Tri Club T-shirt, a year's membership into the Sportslife Triathlon Club, and a yearly subscription to Runner Triathlete News Magazine.

This Program is an 8 week course with 6 sessions per week. You can workout with the Club on some or all of the sessions. The Goal of the finish a Sprint Triathlon comfortably. The Sprint Triathlon Goal is the Freshman Triathlon, 200 meter swim, 10 mile bike, 2 mile run. The event in San Antonio on April 28, 2012.



choose to program is to Windcrest will be held



We will help you with your swimming, cycling, and running. We have coaches and experienced triathletes in our club, and we look forward to helping you achieve your goals.

Questions? Contact these guys -

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