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Details for the First Timers Triathlon class that we will start on June 15th. It will run every Monday / Wednesday and will finish with all participants taking part in the Apple Capital Triathlon! Options will be the sprint distance tri or the sprint distance duathlon. Come learn from experienced coaches Jason Jablonski, Joel Rhyner, as well as some guest coaches. The coaches have completed more than 50 triathlons together holding national and world titles in age group categories. Cost for the 10 weeks is going to be \$325. This will include video analysis and workouts.

My First Triathlon Class will consist of Monday clinics and workouts as well as Wednesday and some Saturday workouts for each athlete. Topics:

Week 1 Evaluation

This will include video analysis and personal consultation to determine each athletes strengths and points of focus.

Week 2 Bike Fit

Each athlete will receive a bike fit to assure proper form and injury prevention. If further fitting is required discounts on a Pro Fit will be offered to participants.

Week 3 Run Analysis

We will evaluate each athlete with Dartfish software to help them achieve proper running form and technique

Week 4 Open Water Swimming

Each athlete will participate in an open water swim clinic that will go over what to expect and how to finish the swim comfortably

Week 5 Run drills and Form

There is a right way to run and we are going to help you achieve it. Proper drills for running are key in order to run without injury as well as running faster without working any harder! I think everyone would love that!

Week 6 Bike drills and Pedal Stroke Analysis

Just like running and swimming cycling can be much easier if you just practice some of the fundamentals. equipment choice We will establish proper equipment that will allow each participant to get through the race comfortably and efficiently

Week 7 Nutrition

This will be key for a lot of new athletes and it is a foreign subject to most. We will have a nutritionist and hydration specialist go over the proper fueling and fluid intake for an event. Both the days leading up to and during the event.

Week 8 The Training Taper

What is a taper and how does it work? Is tapering something a beginner even needs to do? We will start this week talking about how to maintain the fitness you have and fine tuning your race specific training without tapping you out.

Week 9

Race practice! We will do a few days of swimming, biking and running all out on course!

Week 10 Putting it all together for Race day!

We will assist everyone in getting ready for and participating in the Apple Capital Triathlon on August 22nd!

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Reach Your Peak!

