

# Try Triathlon

## Try something new in 2011



**Exclusive to Northumberland, Try Tri is back in the New Year. Programme starts Saturday 29th January 2011.**

The Try a Tri programme is aimed at first time athletes, for those who fancy a new challenge and 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. 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).

There is limited space so make sure you **BOOK EARLY**. You will be required to book on all 6 sessions and it is recommended to attend all to get the full benefit of the programme. The cost is £30 for all 6 sessions.

### TO BOOK CONTACT:

**Tom Lavender**

**Sport Inclusion Officer**

**Blyth Valley Arts & Leisure**

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**tel: 07540412079**



All sessions will run from 11:30am - 3:00pm

All Try Tri session are at Ashington Leisure Centre Northumberland unless otherwise stated.

Sat 29th Jan - Introduction - equipment - pool swim

Sat 19th Feb - Introduction - swim technique - strength & conditioning

Sat 19th March - Introduction - run technique - cycling skills - transition

Sat 9th April - Introduction - swim - cycling - running

Sat 30th April - Introduction - open water swim equipment and technique

Sat 21st May - Mini Triathlon **(This session is at Druridge Bay Country Park)**

For more information on Leisure activities in South East Northumberland visit [www.bval.co.uk](http://www.bval.co.uk) or find us on Facebook/BVALMake-a-Move Leisure Inclusion Team.

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Leisure Inclusion Team



Tri Northumberland



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