

TRIATHLON TRAINING TEAM



THE ENDORPHIN FITNESS TRI TRAINING TEAM provides a community in which you receive support from expert coaches as well as fellow team members as you prepare for team races. After selecting a race distance you would like to focus on (sprint, international, 70.3, ironman), you receive a comprehensive training plan as well as gain access to all team practices, the Endorphin Fitness Training center, an online team forum, and social events. Practices are organized into beginner, intermediate, and advanced experience levels. We look forward to helping you unleash your potential.

**REGISTER
BY EMAILING
INFO@ENDORPHINFITNESS.COM**

1-5 MONTHS \$150/mo.
6-11 MONTHS \$130/mo.
12 MONTHS \$100/mo.

SUMMER TRAINING BEGINS JUNE 20

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	"LONG" RUN Varying Locations 7 AM		BIKE EF/West Creek 6 AM	POOL SWIM Northside YMCA 6 AM <hr/> POOL SWIM Northside YMCA 7 AM	RUN Deep Run/Byrd 6 AM	RIVER SWIM Huguenot Flatwater 6 AM	"LONG" BIKE Varying Locations 7:30 AM
PM		CORE & FLEXIBILITY EF 6 PM	BIKE EF/West Creek 6 PM <hr/> STRENGTH EF/West Creek 7:15 PM	POOL SWIM Univ. of Richmond 6 PM <hr/> POOL SWIM Northside YMCA 7 PM	RUN Deep Run/Byrd 6 PM <hr/> STRENGTH Deep Run/Byrd 7:15 PM		

NEW MEMBER IMMERSION CLASS JUNE 14-18

New team members must first complete the **IMMERSION CLASS** before beginning training. This 1-week class will give you an overview of the EF coaching philosophy, terminology, and sport specific technique so that you can become part of the team seamlessly. This will be held **June 14th-18th**. Cost is \$150 which includes an official EF Team Uniform and t-shirt (\$90 value).

INFO@ENDORPHINFITNESS.COM • 804.741.1599 • WWW.ENDORPHINFITNESS.COM

"I am loving EF! Every week I have some sort of totally mind blowing experience; I go either farther or harder than I thought I could. Unbelievable."