

## East Leake Triathlon Beginners workshop

**When is it?** Wednesday 8<sup>th</sup> February 2012, 18:30-21:00.

**Where is it?** East Leake leisure centre.

### **Who is it for?**

Anyone who hasn't completed a triathlon before and wants to find out more about this exciting sport. If you have entered or thinking of entering the East Leake Triathlon on March 25<sup>th</sup> 2012 for the first time.

### **What will the workshop cover?**

Training for the event, Equipment, the Swim Transition 1, the Bike, Transition 2, the Run, the Finish!☺  
We have also agreed a discount rate for you to try the pool out for only £2!

The only cost is £2 for the pool and a  
Compulsory donation to



the brain injury association

Please email [dean-hughes@hotmail.co.uk](mailto:dean-hughes@hotmail.co.uk) or call Dean Hughes on 07719386447 for more details and to book onto this workshop.  
Limited places available!

Visit [www.fourlife.com](http://www.fourlife.com) for more details of local training opportunities.

