

# EsTri

## Join "Perfect Posse 2016"

A perfect half-distance triathlon race is very possible for you in 2016 if you join the coaching group "Perfect Posse 2016" of Espoo Triathlon sports club. This group is perfect for you if you have ambitious objectives.

Under a supervision of a master coach Marcus Richardson group practices together supporting each other throughout an amazing and active training season.

## Basic data for "Perfect Posse 2016"

- the aim: a perfect ½- distance triathlon race in 2016
- coach: Mr. Marcus Richardson, Level 2 coach of UK Triathlon Union
- training season: 1/2016 – 05/2016
- training plan and session:
  - a monthly training plan with daily instructions
  - a coached swimming session every Saturday in Leppävaara swimming pool at 0700 – 0800h PLUS
  - a once-a-week training session together with the master coach Marcus Richardson, disciplines such as running /biking/ strength training etc. (\*)
- price: 75 € / month invoiced every 2 months
- group size: a maximum of 16 triathletes
- training language: English

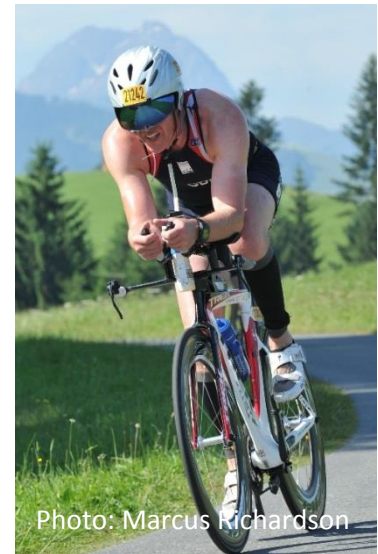


Photo: Marcus Richardson

## More information

Price includes above mentioned sessions and entrance fees for Leppävaara session. (\*) Possible additional entrance fees for running venues etc. are not included.

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- Marcus Richardson, the coach, tel 046 5418548



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## Registrations

Register at <http://heltri.myclub.fi>

→ "Perfect Posse 2016"