

**Triathlon clinic provided by:**

***discomfort  
zone***

**ENTER THE ZONE HERE!**

Improve your **fitness** and have **fun** while  
learning to **excel** in **multi-sport**.

**Topics include:**

Multi-sport training strategies  
Essential cycling skills  
Running effectively off the bike  
Open water swimming skills  
...and more!

**July 6-August 24, 2005**

Wednesday evenings, 6-8pm

\$125 per athlete.

Includes 8 coached workouts and instructional booklet.

Spots are limited. Sign up fast!

Contact Mike Coughlin at [mike@discomfortzone.com](mailto:mike@discomfortzone.com) for more info  
or to register.



**About the instructor:**

Mike Coughlin has coached beginner and experienced athletes since 2002. A two-time IRONMAN finisher with a personal best of 10:39:19. Mike developed and instructed a triathlon clinic at the Sudbury Running Room in 2004. Mike has also completed the Level I and Level II coaching theory, and Level I technical triathlon courses offered by the National Coaching Certification Program (NCCP).

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