

GO FAST!



JERSEY SHORE MULTISPORT

*In conjunction with Brielle Performance Center &
the Jersey Shore Tri Club*

ADVANCED OPEN WATER SWIM/TRI CLINICS

Barneгат Bay, Lavallette, NJ

*Instructor- Brielle Performance Center's
Dave Slavinski*

**Dave is a certified USAT Coach and Elite Age Group athlete,
Ironman World Champion qualifier &
two-time Ironman 70.3 World Champion podium athlete**

Two dates to choose from - do one or a discounted twosome!

- Dates:** Saturdays: June 5 and/or 19 (at 8:00am)
Rates: \$125 per session or \$200 for both sessions (*Limited space available for each class*).
Gear: Wetsuit, goggles, bicycle, helmet, bike shoes, (running shoes for Jun 19th)

Clinic Highlights:

Open Water Swim: Learn to save *lumps* of time with Dave as he shows you: drafting technique, wetsuit tricks, buoy sighting and turning, dolphin diving, and swim exit.

Swim to Bike: Transition can often make the difference between walking up to the podium or having another banana! Let Dave show you how to go from swim to bike faster than ever have before. Learn the little things, including transition setup, bike mount and dismount, sock options, nutrition logistics on the bike and more.

June 5th: After the swim clinic, Dave will lead the group on a ride to Island Beach State Park and back (a total of 25 miles). As you ride, Dave will look at your position, pedaling technique, and provide helpful hints to encourage a relaxed body and increased speed and comfort.

June 19th: After the swim clinic, Dave will lead a bike ride on the Lava Man bike course (approx. 7 miles). After the ride, Dave shows you why he is not only one of the fastest runner's in triathlon, but also one of the toughest. Learn how to approach the run while in the late stages of the bike. Transition faster than you ever have with Dave's simple technique.

Bike to Run: After the bike, spend time learning both the mechanical and mental approach to running in triathlon. Discover how to adjust your stride off the bike when things don't feel so great. Know what your body is telling you, learn how to make the adjustments to settle in and finally discover the gear you knew was always there but just couldn't find early enough.