



## Time 2 tri - become a triathlon finisher

Are you ready to transform from a newbie to a triumphant triathlon finisher? Look no further! Our program is designed especially for beginners and newcomers to the world of triathlons. Whether you've just heard about the thrill of triathlons or you're a seasoned member looking to add more structure to your training, this project is perfect for you!

### Why Join?

- **Infonight:** 11<sup>th</sup> June, 19.30pm
- **Structured Training:** we help you, to bring more structure in your training and preparation for the race and provide framework trainings plans from 5<sup>th</sup> August to 20<sup>th</sup> October (race day)
- **6 swimming/running sessions**
  - 5<sup>th</sup> Sept.: evening run
  - 12<sup>th</sup> Sept. evening swimming
  - 19<sup>th</sup> Sept. 6am run
  - 26<sup>th</sup> Sep. 9am swimming session
  - 03<sup>rd</sup> Oct. 6am run
  - 10<sup>th</sup> Oct. evening swimming session
- **One brick training:** 5<sup>th</sup> October (cycling and running)
- **Expert Guidance:** you'll receive expert guidance, tips, and tricks from experienced triathletes to help you reach the finish line with confidence.

- **Supportive Community:** Join a community of like-minded individuals who are on the same journey as you. Share your progress, celebrate victories, and find encouragement when you need it most.
- **Race day support:** 20<sup>th</sup> October Chiba triathlon  
<https://chiba-tra.jp/2024/04/01/2024entry/>
- **Achieve Your Goals:** You will cross the finish line!

### Other costs

- Sign up fee for the race (Chiba triathlon on 20<sup>th</sup> October) 27.630 yen (sprint distance 750m swim-20km cycling-5km run)
- Entrance fees for swimming pool (600yen/session)
- Equipment/rental fee for equipment (individual)

### Challenge accepted?!!

Don't let fear or uncertainty hold you back. Join our Triathlon Finisher Project today and embark on a journey of self-discovery, growth, and triumph. Whether you're a complete beginner or a seasoned athlete seeking structure, we're here to support you every stroke, pedal, and stride of the way.

Sign up NOW: <https://app.glofox.com/portal/#/branch/60701d1c04d9ff03b915c238/courses/663a233800b10a86e808bd86/schedule/1715086059697/book>

**Let's make your triathlon dreams a reality! 🏆**



Sign up and commit until 22<sup>nd</sup> May and you get one extra running and swimming technique session before summer break on 18<sup>th</sup> of June, 18.30pm