



# Have you ever thought of giving Triathlon a go?

## RAF TRIATHLON TRAINING WEEKENDS

If you've ever considered giving triathlon a go, then why not attend one of the RAF Triathlon Association's triathlon training weekends? The training weekends are for all abilities from total novices to seasoned athletes alike.

You will be coached by the RAF's top triathlon coaches and the weekends will consist of sessions on planning your race season, swim technique with video analysis, gym based training, running drills and track work, novice specific sessions and cycle sessions.

**Go on, give it a go!**

**18-19 November 2006**  
**RAF Cosford**

Further information is available on the  
RAF Triathlon website, [www.raftri.org.uk](http://www.raftri.org.uk).

Alternatively, you can contact:

**[brad@raftri.org.uk](mailto:brad@raftri.org.uk)**

 **ROYAL  
AIR FORCE**  
triathlon