

Try Charleston Triathlon Clinic Schedule

Jan. 19: **Nutrition Clinic**- Dr. Sharp from the CofC will be coming in and discussing the proper diet leading up to the race as well as developing a tolerance for products during the race.

Feb 2: **Stretching and Rehabilitation/Injuries**- Mark Rutledge from RCC will present a discussion on injury prevention as well as rehabilitation. He will offer total body stretches and techniques to best keep people healthy. He will also discuss tapering and rehabilitation after the race.

Feb. 16: **Psychology Clinic**- Presented by Siobhan Maize “I like to incorporate my background in psychology into my coaching style to also “train the brain”. Training properly for the mental game is as important as training for the physical game. Above all else, however, I emphasize the fun side of multisport lifestyle: we're all out here to have fun and see where that can take us.”

Mar. 2: **Swim Clinic**- Adam Martin will teach a swim clinic at one of the local pools, most likely St. Andrews. He will discuss the difference of open water swimming and the proper way to breath when in dark water. He will also practice the mass start as well as give tips for the best swim possible.

Mar. 16: **Bike Training/ and Maintenance**- Chris will do a practice run of changing a tire for each customer, as well as discuss proper techniques for care and maintenance of your bike. Anne Finch will also be in to discuss bike training as well as information on Vo2 max testing and more.

Mar. 30 **Strength Clinic**- Ian from Try Sports and a personal trainer will be instructing on importance of lower body and upper body strength training. He will also talk about warm up and cool downs. He will also speak about some new innovative training techniques

Apr. 13: **Transition Practice and Advice clinic**- We will go to KOA and practice transition training. We will also be discussing best practices and lists of gear that will be needed.

Apr. 27: **Last Meeting**- We will have a Q & A session as well as hand out jerseys. We will have staff on help with any last minute details. We will also discuss gear and expected race conditions