



## 2XU Women's Triathlon First Timers Training Day 2010

Never participated in a Triathlon before? Looking for a chance to learn about transition change over's?

The Triathlon Training day is the perfect warm up for the 2XU Women's Triathlon and we are sure it will be fun and informative for you. The day will give you the chance to be training with performance coaches from all three disciplines and will comprise of training sessions for the Swim, Bike and Run.

### General Info

- Cost:** \$10 – all proceeds from the Triathlon Training Day will go to the event Charity “The Esther Foundation”
- Date:** Saturday 13<sup>th</sup> February, 2010
- Venue:** Whitfords Nodes Park, Hillarys
- Time:** Registration 12:00, Presentation commences 12:30pm
- Finish Time:** 2:30pm

For more information and to register for the training day visit the website – [www.womenstriathlon.com.au](http://www.womenstriathlon.com.au)

