



**Hunterdon Healthcare**

*Your full circle of care.*

Hunterdon Health & Wellness Centers  
of Clinton and Whitehouse Station

**Hunterdon Wellness Center**

**1738 Route 31, Clinton NJ**

**908-735-6884**

## **SUMMARY OF 2012 SPRING TRIATHLON TRAINING PROGRAM**

### **OVERVIEW**

Swim  
Cycle  
Run  
Strength Training

### **CONTACT INFORMATION:**

**Beverly Peterson, Triathlon Training  
Program Coordinator, Triathlon Swim  
Coach**

**Cell 908.625.6068  
Center 908.735.6884**

Please fill out the attached Swimming, Cycling, and Running Interest Sheets for each event and return them to Beverly Peterson, Hunterdon Health & Wellness Center, Clinton, NJ.

There is a maximum of twelve (12) participants in the program. Registration is complete when all requirements are fulfilled. Participants enrolling in all three events have first priority in registration. Please see SPECIFICS.

**TRIATHLON EVENT:** Independence Triathlon, Quakertown, PA: June 3<sup>rd</sup>, Sunday  
(Sign up on racing site [tbd] – not part of Triathlon Training Program fees)

**Swim:** 20 week training program, begins January 4, 2012; Wednesday, 6-7PM

**Cycle:** 12 week training program, begins February 29, 2012; Wednesday, 7:15-8:15PM

**Run:** 12 week training program begins March 3, 2012; see schedule below:

#### ***Running Schedule***

Saturday, March 3, 8-11AM, 3 hour Clinic

Saturday, March 17, 8-10AM, 2 hour Clinic

Saturday, March 31, 8-10AM, 2 hour Clinic

Saturday, April 14, Cycle-Run BRICK training

Thursday, April 26, 6:30-7:30PM, 1 hour Follow Up Session

Thursday, May 10, 6:30-7:30PM, 1 hour Follow Up Session

Saturday, May 26, Mini-Triathlon Practice Race

**Strength:** 20 week training program, begins January 4, Tuesday 7:30-8:30PM Fitness Floor and/or Body Pump plus Pilates or Yoga classes part of Strength training

### **Three phases of training – each discipline:**

1. Technique and Aerobic Base
2. Strength and Endurance
3. Race Specific

### **MONTHLY SPEAKERS AND EVENTS – dates to be determined:**

JANUARY: NUTRITION - Speaker

FEBRUARY: MIND & BODY - Speaker

MARCH: BIKE SAFETY - Speaker

APRIL: TRANSITIONS – Speaker; BRICK

MAY: MINI-TRI RACE

**SWIM: 20 Week Training Program – maximum 12 participants**

- Member Program Fee: \$595.00 - 4 easy and convenient monthly payments of \$119.00 added to your club account; first month payment is required as the enrollment deposit.
- Non-Member Program Fee: \$695.00 – 4 easy and convenient monthly payments of \$139.00 added to your TEMPORARY club account; first month payment is deposit.
- Dates: January 4, 2012 – June 3, 2012.
- Registration: First come with complete registration forms and deposit.
- Time: Wednesday, 6-7PM meet with Coach in pool.
- Equipment: swim suit, (jammers for men), cap, goggles, zip fins by Aqua Sphere.
- Open Water Swim: Depending on water temperatures, we will attempt four open water swims. Wetsuits are mandatory. There is an additional cost of \$10. for each open water swim. Waiver of Liability is required to participate with each open water swim.
- Start strength training.

**CYCLE: 12 Week Training Program – maximum 12 participants**

- Member Program Fee: \$190.00 – must be paid in full at time of sign-up.
- Non-Member Program Fee: \$240.00 – must be paid in full at time of sign-up.
- Date: February 29, 2012 – June 3rd.
- Registration: First come with complete registration forms and deposit.
- Time: Wednesday, 7:15-8:15PM meet with Coach in Meeting Room 1.
- Equipment: to be discussed with coach.
- Outdoor training – to be determined by Coach at no additional cost.
- Waiver of Liability is required to participate with each outdoor ride.
- Start strength training January 4, 2012.

**RUN: 12 Week Training Program – maximum 12 participants**

- Member Program Fee: \$190.00 – must be paid in full at time of sign-up.
- Non-Member Program Fee: \$240.00 – must be paid in full at time of sign-up.
- Date: March 3, 2012 – Race Day.
- Registration: First come with complete registration forms and deposit.
- **Scheduled Dates With Coach –**
  - Saturday, March 3, 8-11AM, 3 hour Clinic
  - Saturday, March 17, 8-10AM, 2 hour Clinic
  - Saturday, March 31, 8-10AM, 2 hour Clinic
  - Saturday, April 14, Cycle-Run BRICK training
  - Thursday, April 26, 6:30-7:30PM, 1 hour Follow Up Session
  - Thursday, May 10, 6:30-7:30PM, 1 hour Follow Up Session
  - Saturday, May 26, Mini-Triathlon Practice Race
- Waiver of Liability is required to participate in off premises runs.
- Start strength training January 4, 2012

**STRENGTH: 20 Week Training Program**

- Member Program Fee: included in program.
- Non-Member Program Fee: included in program.
- Date: January 4, 2012 – Race Day
- Time: Any evening 7:30-8:30PM see Fitness Staff for workouts.
- Yoga and Pilates classes; see front desk for class schedule.

## PRACTICE SESSIONS

- **BRICKS**  
April 14, Saturday; Spruce Run – Cycling-T2-Run  
Others to be determined based on weather conditions
- **Open Water Swims**  
April 21, Saturday; Oxford Furnace Lake (OFL)  
April 28, Saturday, OFL  
May 5, Saturday; OFL  
May 12, Saturday; OFL, (*TO BE DETERMINED –Swim Coach will be out of the Country*)  
May 26<sup>th</sup>, Saturday; OFL Mini-Triathlon Swim-T1-Cycle-T2-Run
- **Mini-Triathlon Practice**  
May 26, Saturday; OFL Swim-T1-Cycle-T2-Run

## SPECIFICS

- You can sign up for all three, one or two events. Triathletes enrolled in three events have first priority, two events 2<sup>nd</sup> priority, one event only goes on a wait list. Wait list for each event is available.
- Enrollment is limited to 12 participants in each event – wait list for each event is available.
- If you sign up for all three sport events and pay in full there is a discounted rate.
- Swimming program non-refundable fee is made easy and convenient by 5 monthly payments added to your club account. First month non-refundable fee is paid at registration as a deposit to secure enrollment.
- Non-Members participating in all 3 sport events or just the swimming event will receive TEMPORARY MEMBERSHIP status expiring on the day of the race. *If you choose to become a member the HHWC enrollment fee will be waived.*
- Cycling and Running non-refundable program fees must be paid in full before program training starts, **no exceptions**.
- Requirements to secure a spot in the program:
  1. First month Program Fee Deposit or Pay In Full
  2. Information Sheet for each event
  3. Signed No Refund Attestation
  4. **Non-members only**: Signed Wellness Center Contract and Par-Q (physical questionnaire)

## EVENT PROGRAM PAYMENT PLAN:

- Member regular fee: \$975; First payment of \$195 due at registration; 4 easy and convenient payments of \$195 per month added to your club account.
- Non-Member regular fee: \$1175; First payment of \$235 due at registration; 4 easy and convenient payments of \$235 per month added to your temporary club account.
- \$75 discount if three event program is paid in full. Members: \$900, Non-members: \$1,100

## TRIATHLON TRAINING AND SUPPORT TEAM:

Beverly Peterson, Triathlon Training

Program Coordinator and Swim Coach

Steve Hovey, Cycle Coach

David Stretanski, Run Coach

Fitness Floor Staff and Scheduled Classes, Strength

Dick Hopkins, Triathlon Assistant

Melissa Moore Fowler, Triathlon Publicist