



Triathlon Training Program

for the Beginner to Elite Triathlete

Sprint | Olympic | Half Ironman | Ironman

Dallas Aquatic Masters and Luke's Locker

have teamed up to provide a world-class triathlon training program that's right for you!

- Expert triathlon, swimming, cycling and running coaches provide creative weekly workouts
- Detailed training schedules for all levels of athletes
- Hands-on clinics that cover all aspects of triathlon training

Contact us at tri@damswim.com or (214) 219-2300

visit us at www.damswim.com/tri.htm



**Training
begins
Jan. '07**



Dallas Aquatic
MASTERS

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