

TARGETRI TARGETIDE

Get ready for your first triathlon, improve your one-mile swim, qualify for state championships, or make the lead pack in Kona....Whatever your swimming goals are, we can help you make them happen!

From **July 6th to August 29th**, TARGETTRAINING is offering a summer swim training program that will improve your stroke efficiency, help you improve build strength, and lay the foundation for years of faster swimming. **Rolling sign-up!**

The program is taught by professional triathlete, former USA Triathlon National Team member, and current TARGETTRAINING coach, Dominic Gillen. Dominic is an experienced swim coach of all ages and abilities, including: high school, age group, college, and masters.

Monday:

- 6-7AM Open Water, Burying Hill Beach

Wednesday:

- 6-7:30 AM Intervals, Longshore Pool
- 6-7 PM Open Water, Sherwood Island

Friday:

- 6 to 7 AM - Speed and Drills, Longshore Pool
- 7 to 8 AM - Individualized instruction and/ or small groups

Cost: \$350 for entire summer! \$200 for either July or August! Or \$250 for a 10 session pack that has can be used for any TARGETTRAINING class through '08!

www.TARGETTRAINING.com

*Included in our TARGETri
Triathlon Training Program!*



The Longshore Club Pool is an outdoor, 25-yard, heated pool overlooking the Long Island Sound. No better way to start your day!

To sign up, write to
Dom@TARGETTRAINING.Com