

**DANSKIN**   
WOMEN'S TRIATHLON

2003  
SWIM  
**Bike**  
RUN



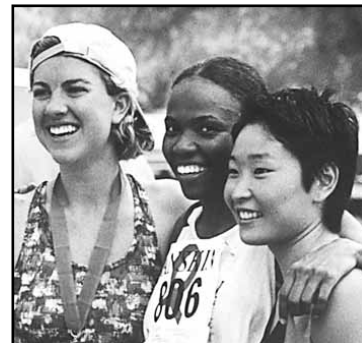
# TEAM DANSKIN TRAINING SAN FRANCISCO

**6-WEEK OFFICIAL TRAINING PROGRAM  
FOR THE DANSKIN TRIATHLON  
TUESDAY, MAY 6TH - SATURDAY, JUNE 21ST, 2003**

## The Official Danskin Triathlon Training Program

designed by: Sally Edwards, Danskin National Spokeswoman and Annemieke Hiemstra, National Coach, Team Danskin Training

**J**oin us for our 13-session training program and gain the skills and confidence to cross the Danskin Triathlon finish line, regardless of your fitness level or triathlon experience. Have fun, get fit, and learn new skills with the help of the supportive, nationally certified Heart Zones' Danskin Triathlon coaches. Make friends and meet training partners by participating in coached group workouts with other women training for Danskin. As a member of Team Danskin Training, you will receive the use of a heart-rate monitor, a one-year subscription to the Heart Zones' Enewsletter, a Heart Zones' Triathlon Log Book, supplemental online training support, and membership in the Team Danskin Training newsgroup. Invite a friend to join you and sign up today because participation is limited to bring you the best possible program.



## ADDITIONAL INFO

- Receive a six-week organized training plan
- Optimize your training using a heart rate monitor and your own heart zones
- Improve your fitness and endurance
- Learn open water swimming skills
- Find out how to make your bike go faster and your transitions go smoother
- Learn injury prevention and how to taper training before race day
- Learn how to fuel yourself for optimal performance
- Guaranteed race entry

## WORKOUTS

**Tuesdays, 6:00 - 7:30 pm & Saturdays 9:00-11:00 am**

- Swim, bike or run workouts (20-60 minutes)
- Skill drills to improve swim, bike or run/walk technique
- Sport-specific stretching
- Information sessions on: bike fit, transitions, what to wear, race-day preparation, and more.

Training locations vary based on the planned workout, but most are in the San Francisco area.



## HEAD COACH *Sharon Snyder*

Sharon Snyder is an ACE-certified Personal Trainer, Clinical Exercise Specialist, Red Cross-certified Water Safety Instructor (WSI), and Heart Zones-certified Blue Shirt Personal Trainer and Blue Jersey Cycling Instructor. Sharon has completed several sprint distance triathlons (including the Danskin); the Berryessa Biathlon, and was the swimmer on the winning team for the 2001 Vineman Ironman Relay. Sharon has built a successful personal training business, Bumblebee Fitness: Real Fitness for the Rest of Us ([www.bumblebeefitness.com](http://www.bumblebeefitness.com)), on the premise that anyone can get in touch with their inner athlete through fitness and athletic event training. She specializes in working with plus-size women and seniors and believes just about any goal can be accomplished if you decide to do it and train for it. She believes in setting people up for success, which is why she loves coaching women for the Danskin.

**FEE** The fee to join the six-week training program and team is \$189. Early bird registration special: register before 4/30/03 for \$179. Sign up on line at [www.HeartZone.com](http://www.HeartZone.com) or by contacting Sharon Snyder (415) 648-1348.

**FOR MORE INFO** Contact Sharon Snyder at (415) 648-1348 [sharon@bumblebeefitness.com](mailto:sharon@bumblebeefitness.com)

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