



# TRIATHLON TRAINING

**PACE**performance

**SPRINT AND GIVE-IT-A-TRY DISTANCE**  
**Coached Training Programs by PACEperformance**

IN ASSOCIATION WITH THE TRIATHLON CLUB OF BURLINGTON

**PROGRAMS INCLUDE**

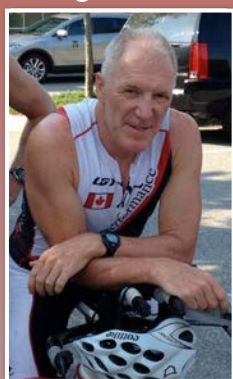
- Swim Coaching by Ana Lemus
  - Cycle Coaching by Greg Pace
  - Run Coaching by Margaret Dorio
  - Support of Triathlon Club of Burlington
  - Weekly Personal Progressions
  - Day-to-Day Workout Program
  - Nutrition Counseling
  - Race Simulations
  - Triathlon Rules and Techniques
  - Transition Training
  - Race Day Support
  - Open Water Swim Experience
  - Bike Workshop
  - Injury Prevention Seminar
- Swim:** Tuesdays: March 24 - May 19  
 Wednesdays: May 19 - Aug. 10
- Bike:** Thursdays: March 24 - May 19  
 Tuesdays: May 19 - Aug. 10
- Run:** Wednesdays: March 24 - May 19  
 Thursdays: May 19 - Aug. 10

## TWO PROGRAMS TO CHOOSE FROM

Program	Target Race	Training Dates
<b>SO TRI</b>	Welland Sprint Triathlon & Give-it-a-Try Saturday June 15, 2014	March 24 - June 15
<b>SOFE TRI</b>	Iron Girl Women's Only Sprint Triathlon, Grimsby Sunday, August 10, 2014	March 24 - August 10 or May 19 - August 10

## THE COACHES:

**Greg Pace**



- Founding President and member of the TCoB and the Kids of Steel
- Director of Olympia Sport Camp
- Head coach of the TCoB and the GHAC kid's tri clubs.
- Director of Moon in June Road Race

and Bikes for Kids.

- Over 40 years in the fitness industry and multiple IronMan finisher.
- Bachelor of Kinesiology
- Certified Triathlon Coach with NCCP, FIST certified bike fitter
- Owner operator of **PACE**performance

**Ana Lemus**

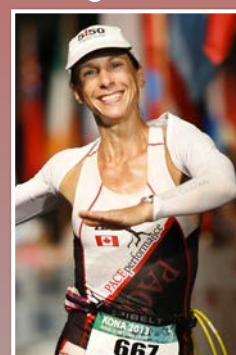


- Coaching Triathletes ranging from beginners to elite for over 4 years.
- Has been involved in competing in all distances from sprint triathlons to IronMan distance events for the last 7 years.
- Extraordinary

communicator and her ability to connect with and empower people are great assets to her coaching skills.

- USAT Triathlon Coach.
- Mad Dogg Spinning Certified
- Les Mills CXWORX Certified
- NCCP certified

**Marg Dorio**



- President of the Triathlon Club of Burlington for the last 3 years.
- Organized various training and educational programs for the TCoB over the past 7

years.

- Has participated in over 50 triathlons from sprint to IronMan distance.
- Recently completed the IM world championships in Kona, Hawaii.
- IronDame since 2009
- NCCP certified, BKin, BEd.

**Cost:** for **PACE**performance clients, TCoB members, IronDames, Newworld Clients, TriOnt members:

12 Week SO TRI or SOFe TRI programs: \$250, Non members: \$299  
 20 Week SOFe TRI program: \$359, Non members: \$399

**Information Sessions:** Friday Jan. 31- 10:30am & 7:00pm.  
 Wednesday February 26, 6:30pm.

**Location:** Newworld Runners - 564 Plains Rd. East, Burlington

**For more details & Registration on-line go to:**  
[www.triburlington.ca](http://www.triburlington.ca)  
**Or Contact: Margaret Dorio at:**  
[mjdorio@cgeco.ca](mailto:mjdorio@cgeco.ca)