



TEAM CAINE

Triathlon Training



Michelle Jones
Olympian/World
Champion



Chris McCormack
Olympian/World
Champion



Peter Robertson
Olympian/World
Champion



Natasha Bagman
Hawaiian Iron
Lady



Greg Welch
Olympian/World
Champion

Train with the champions. Team Caine has a proven track record of producing World & Olympic class Triathlon champions.

We have also produced many other world top 10 champions – just look up Dick's Tributes at www.teamcaine.com.au

Everyone welcome - from beginners, amateurs to the elite

■ SPRINT EFFORT TRANSITION SESSIONS

- Swim - Bike - Run
- You will need your gear, bike trainer or if you really want to improve bike rollers and heart rate monitors
- Sorry there will be no more than 10 in each session - 1 beginner/ 2 Pros
- 6pm Tuesday and Thursday, Carss Park War Memorial Pool, Carwar Ave, Carss Park / \$20 per session

■ SWIM AND STROKE CORRECTION, SUPER CONDITIONING SESSION

- 1.5hrs Saturday 7am, Carss Park War Memorial Pool, Carwar Ave, Carss Park \$20 per session
- Now if you really want to toughen up, do your bike and run first
- For those underachieved experts out there who think that the swim leg is not important, well if you drown or get into so much oxygen debt, then you will not be able to ride or run!
- Now if you think Coach Dick Caine knows what he is talking about, then look up his tributes page at www.teamcaine.com.au

For further enquiries please email: rjcaine@optusnet.com.au

www.teamcaine.com.au