



## GREENWOOD TRI TEAM 2017

# Q & A

Head Coach Cyndie Gillingham

### WHO CAN PARTICIPATE?

Anyone, from novice to expert, with a desire to train for a triathlon and who is looking to be motivated by a coach!

### WHAT IS INVOLVED?

Athletes can choose to train with the team for the entire season (April-July) or on a month-by-month basis.

- Training as a team (Or on your own if you can't make it to a training. Coach Cyndie can give workouts to those who cannot make the team workouts.)
- Coach Cyndie will provide a month-by-month training plan. Participants are welcome to join at any time.
- Seminars or specific training clinics, such as transitions, preparing for the upcoming race, meet a pro, etc.

### WHEN DOES THE TEAM TRAIN?

During the month of April, we will meet at the club for weekly training sessions, leading up to bi-weekly mini triathlons and several open water swims in May, June and July. Benefit from weekly workouts emailed directly to you, one-on-one coaching when needed and the support of a coach. If you are serious about joining the team, then Coach Cyndie is serious about working with your schedule!

### WHAT IS THE COST?

MEMBER: \$130 per month or \$470 entire season

NON-MEMBER: \$155 per month or \$570 entire season

Cost does not include race entry fees, kit, GPS devices, bike and other gear.

### HOW MANY RACES IN THE SEASON? WHAT IS THE DISTANCE?

Races will be chosen by the participant. A sprint triathlon is typically an 800 meter swim, 12 mile bike and 3.2 mile run. An Olympic distance is typically a 1600 meter swim, 25 mile bike and 6.2 mile run.

\*These distances can be subject to change depending on the race organizer.

### REGULAR SEASON DATES

April 1-July 31

### MEET OUR COACH



#### Cyndie Gillingham

NASM Certified Personal Trainer, CES  
Triathlon Coach

Cyndie has been doing triathlons since 2003. She completed her first 1/2 Ironman in 2009, finishing in the top 20 in her age group. In 2012, she was the Overall

Female Winner at the Splash Mash Dash Sprint Triathlon in Highlands Ranch. She also competes in mountain bike races and plans to do several off-road triathlons this season. Cyndie has seen several of her athletes hit their goals and beyond-everyone from competitive athletes to the person just looking to have fun!

#### For more information please contact:

[cyndieg@GreenwoodATC.com](mailto:cyndieg@GreenwoodATC.com) or

[crystalg@GreenwoodATC.com](mailto:crystalg@GreenwoodATC.com)



## GATC TRIATHLON TEAM SEASON

April 1 - July 31

