

Capital District Tri Club Winter Lecture Series sponsored by Center Square Asset Management

CDTC wants to announce the dates and topics for our 2015 Winter Lecture Series and this year we are proud to have as our sponsor *Center Square Asset Management*. This year CDTC has set up the winter series similar to a tri race – Swim, Transition, Bike, Run, and we have added Nutrition and planning for the upcoming season.

The dates and topics are: all sessions are 6:00 pm – 8:00 pm at *Center Square Asset Management* offices in Schodack.

January 14: Swim and Transitions.

- The swim will cover developing a swim training plan, how to use a pace clock, how to develop a pace chart for your individual training, benefits of a Master swim group, and the differences in wetsuits. Speaker: Kevin Kearney Assistant Swim Coach at The College of St Rose and owner of Excel Aquatics.
- Transitions: tips to improve times for T1 and T2. Speaker Alan Finder, local racer, winner of the Crystal Lake Triathlon

February 4: All about Bikes

- This session will cover what you need to do to race faster. Group rides, equipment, time trials, power meters, heart rate monitors. Do I really need to do hill repeats?
- Speakers: Andy Ruiz – Capital District cycling coach and Tim Bonnier owner of Tomhannock Bicycles.

March 4: Running

- This session will cover incorporating your run training with swimming and biking, using local races to prepare for your triathlon, different workouts for different distances, dry land training.
- Speaker: Pat Cullen - capital district runner, CDTC member and very fast.

April 2: Planning for the Upcoming Season and Nutrition

- Time to think about the upcoming season – how many races can I do, what is an “A” race, can training be fun, what is recovery. Plus a general discussion on nutrition for training and racing.
- Speaker: Judy Torel – a capital district trainer, nutritionist, and multiple Ironman and Ultra race finisher.

Meeting notes:

- Due to the support of *Center Square Asset Management* there is no fee to attend any of the sessions.
- You may elect to attend individual sessions or all of the sessions

- The Winter Lecture Series is open to all athletes in the Capital District.
- Attendance will be capped at 40 for each session. To reserve your space you will need to email me, Frank Bender, at winterseries@cdtriclub.org with your name and the sessions you want to attend.
- For directions to Center Square Asset Management - Castleton
Location <http://centersquareasset.com/contactus.aspx>

