

TRIATHLETE SWIM TRAINING SESSIONS

Triathlete season is approaching rapidly and the Fort Detrick Fitness Center is offering swim training sessions at the Indoor Pool, Building 1507.

The swim portion of a triathlon is the most physical and mentally demanding, especially if the swim takes place in an open body of water. Waves, undercurrents, and the limbs of fellow competitors can make even a modest distance challenging. Efficient swimming techniques can reduce your exertion in the water, leaving you with plenty of energy to tackle the bike and run portions.

This will be a great opportunity to meet other triathletes and swap notes while training together. We will conduct swim drills and offer advice so you can tackle the swim portion of any triathlon with confidence.



SATURDAY & SUNDAY: 1000-1045		
SESSION 1	SESSION 2	SESSION 3
12 January	2 February	2 March
13 January	3 February	3 March
19 January	9 February	9 March
20 January	10 February	10 March
26 January	16 February	16 March
27 January	17 February	17 March

\$5.00 per class
Registration not required



For more information, call **301-619-2498.**

www.detrick.army.mil/mwr

IMCP LOE 2: Soldier, Family and Civilian Well-being



"If you catch my staff doing something nice let me know through ICE" - Director Family and MWR