



ST. VINCENT SPORTS PERFORMANCE

TRIATHLON CLINIC

Are you a new or experienced triathlete looking to make the most of your training? The St. Vincent Sports Performance Triathlon Clinic is perfect for you! This **FREE** triathlon clinic focuses on all aspects of triathlon training from nutrition, psychology, physical training and everything in between. We are also offering an optional adult strength and fitness group workout prior to the clinic, as well as a triathlon 101 clinic geared toward athletes new to endurance and multi-sport or on the fence about trying a multi-sport.

ST. VINCENT SPORTS PERFORMANCE - CLAY TERRACE

JANUARY 25, 2020

14455 CLAY TERRACE BLVD, CARMEL, IN 46032

REGISTRATION AVAILABLE ONLINE [HERE](#) OR BY CALLING 317-415-5747

CLINIC AGENDA:

7:30 - 8:00 AM: Check In/Registration

May use Normatec Recovery boots at this time

Snacks and beverages provided

8:00 - 8:15: Welcome

Dr. Amy Corrigan, DO

**8:15 - 9:00: Coping with Injury and Performance Setbacks
from a Psychological Aspect**

Dr. Chris Carr, PhD, HSPP, CC-ASP

**9:00 - 9:30: Train Injury-Free: A Guide to Preventing Lower
Extremity Injuries for Triathletes**

Jacob Crow MS, LAT, ATC

9:30-9:45: Break

9:45-10:30 - Maximize Your Cycling Potential

Coach John Singleton, Level 1 Cycling Coach

**10:30-11:00: Metrics - What are they and how do you use
them in training and racing?**

Coach Nick Tranbarger, TS2 Coaching

11:00 - 11:15: Coach Q & A

Coach John Singleton and Coach Nick Tranbarger

11:15 - 11:45: Supplements - Myths and Facts

Lindsay Langford, MS, RD, CSSD

**11:45 - 12:15: Athlete Spotlight - Racing Norseman Xtreme
Triathlon**

Bobby Grangier

12:15 - Closing Remarks

Optional Workout

Pre-registraion **REQUIRED**

**6:30 - 7:30 AM: Adult Strength and
Performance Class**

Dress to sweat

Built for all athletic abilities

Showers available post-workout

Optional Clinic

Pre-registraion **REQUIRED**

**12:30 - 1:00 Triathlon 101: Everything you need to
know to do your first triathlon**

Christie Peterson, USAT Ambassador

1:00 - 1:30: Why Try Triathlon

Athlete Rose Scovel