



Zoefitness Triathlon Focused Swimming Group

West Mesa Aquatic Center

6705 Fortuna Road NW,

Albuquerque, NM 87121

August 2nd 2017 to March 14th 2018

Wednesdays 6:15 PM to 7:30 PM

USAT Sanctioned Event

These coached workout sessions will be held Wednesday nights starting August 2nd 2017 and running through March 14th 2018. We will meet on deck at West Mesa Aquatic Center for a quick warm up, which will include dry land exercises. We will be in the pool promptly at 6:30 PM.

Session I: Cost is 112.50 9 weeks coaching: August 2nd, 2017 – September 27th, 2017

Session II: Cost is 125.00 10 weeks coaching: October 3rd, 2017-December 13th, 2017

Session III: Cost is 125.00 10 weeks coaching: January 10th, 2018- March 14th, 2018

These are USAT Sanctioned Events. A USAT Annual License is mandatory with a signed waiver to participate. If you hold an annual license please present the day of. Please arrive early to fill out waivers and necessary paperwork.

The Zoefitness Triathlon Focused Swimming Group will be tailored for all levels of swimmers from novice to advanced; Sprint Triathlon to Ironman Distance. Each workout will be specially tailored to your level, and geared at improving your efficacy in the water. Children under the age of 17 may be able participate; please email zoe@zoefitness.com with swim experience and approval prior to registration. Approval will be made on a one on one basis, and parent must be in the water with the minor at all times.

My main goal though these sessions is to improve your enjoyment of swimming. Outside of enjoyment we will work on:

- Improving your form by working on technique
- Work on your efficiency in the water
- Increase your speed and endurance
- Improve your weaknesses while maintaining your strengths
- Incorporate additional strokes, to aid, in overall shoulder strength and stability

Registration through: <http://www.newmexicosportsonline.com/home/home>

Meet your coach: **Zoe Nance**

United States Master Swim Level I and Level II Certified Coach

USA Triathlon Level I Coach

USA Cycling Level II Coach with Distinction

American College of Sports Medicine Health Certified Exercise Physiologist and holds a degree from University of New Mexico in Exercise Science. She has been competing in the sport of triathlon for over 20 years and has successfully completed some of the most difficult venues including Escape from Alcatraz and the Xterra World Championships. She has been swimming in Masters Programs for 17 years, became certified to Coach on deck through United States Master Swim Program, and enjoyed coaching Winona Masters prior to relocating back to New Mexico.

www.zoefitness.com

"It's not about being fast, it's about getting faster".

