



Zoefitness Triathlon Focused Swimming Group
Seidler Natatorium: Johnson Center
1 University Blvd NE, Albuquerque, NM 87131
January 10th, 2018-December 19th, 2018
Wednesdays 6:15 PM to 7:30 PM
USAT Sanctioned Event

These coached workout sessions will be held Wednesday nights starting ____ We will meet on deck at 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 125.00 for 10 weeks coaching; January 10th, 2018- March 14th, 2018

Session II: Cost is 87.50 for 7 Weeks coaching; April 4th 2018- May 16th 2018

Session III: Cost is 125.00 for 10 Weeks coaching; June 6th 2018- August 15th, 2018: No Class 7.4

Session IV: Cost is 100.00 for 8 Weeks coaching; August 29th 2018- October 17th 2018

Session V: Cost is 100.00 for 8 Weeks coaching; October 24th 2018- December 19th 2018: No Class 11.21

This is a USAT Sanctioned Event. A USAT Annual License is mandatory with a signed waiver to participate. If you hold an annual license please present the day of.

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 efficiency 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".