



Proudly Sponsored by



## 2016 Novice Triathlon Program

Have you ever wanted to try TRIATHLON but don't know where to start?

The Vikings Triathlon Club offers a great introduction into the sport of triathlon through it's 2016 Novice program .

The 2016 Novice Program will commence from 18 September 2016 and provides 8 weeks of friendly comprehensive training in the sports of cycling, running and swimming. Ending with the first race of the season on 12 November 2016.

The program will cost between \$230-250 (\$150 for Juniors 16-18\*) and includes training by certified coaches, club merchandise, Vikings Triathlon, Triathlon ACT and Triathlon Australia annual membership and insurance cover.

Regardless of your current fitness level or sporting abilities, this program is a friendly and welcoming way of getting started in the sport of triathlon or simply to improve your fitness.

Contact Jeff 0408 888 029 or email [novice@vikingstri.com.au](mailto:novice@vikingstri.com.au) for more details about this year's program and to register your interest as numbers are limited.

*Come along to our Information Session on Tuesday 6 September – from 7:30pm at Vikings Town Centre Club, Greenway.*

*\*Those under 18 years must have consent from a parent/guardian.*

Further information is also available at [www.vikingstri.com.au](http://www.vikingstri.com.au)  
Registration opens 6 September 2016.

