



TRIATHLON TRAINING SERIES and SANTA MARIA VALLEY PHYSICAL THERAPY GROUP present the following **FREE** lectures for all ability levels of triathletes, runners, bikers, and swimmers at the Santa Maria office located at 820 East Enos Drive:

Tuesday, October 20, 7:00 to 8:00 p.m.

INJURY PREVENTION

Whether you are a multi-sport athlete or a weekend warrior on the soccer field, you know you can't compete, let alone train if you are injured. But how do you know when you are injured, what are some common injuries for athletes and what can you do to prevent injuries? John Hinds, PT will be leading this lecture. *This is an interactive clinic!*

Tuesday, November 10, 7:00 to 8:00 p.m.

STRENGTH TRAINING FOR THE (TRI)ATHLETE

Intelligent use of the weight room or your home gym, just like intelligent implementation of a training program, can have a dramatic influence on your performance. This success can be defined as faster swim, bike and run times but can also be extended to include reduced injury risk, an overall heightened enjoyment of triathlon or whatever your sport happens to be. You will learn how to match your strength training program to your training phase. Specific exercises will be demonstrated. *Come dressed ready to participate, this is an interactive clinic!*

Tuesday, December 8, 7:00 to 8:00 p.m.

OFF Season or PRE Season?

What **DO** you do after your last triathlon of the season? Sofa sit, watch football and drink beer for 2 or 3 months? Well, not quite! We will show you exactly what you should- and shouldn't be doing during the PRE season. Some of what will be discussed:

- ** Fixing body imbalances.
- ** Change your eating pattern- you're not racing anymore!
- ** Break out the mountain bike and soccer ball to maintain fitness!
- ** Recover and Rejuvenate physically AND MENTALLY!

Carlyn Hinds is the Program Director for Triathletix, a triathlon coaching company based in Los Angeles and the official coaches for the Los Angeles Triathlon Club. Carlyn is a USA Triathlon Level 2 Certified Coach who has been training and competing in adventure racing, triathlon, running, and mountain biking since 1992.

All lectures will be approximately 1 hour, handouts provided and there will be time for questions and answers. To attend any of these FREE lectures, please RSVP to Carlyn@Triathletix.com or 310-780-2471 - space is limited!

For a detailed location map for the lectures go to <http://www.smvpt.com/contact.html>