

BAYLOR TOM LANDRY TRIATHLON TRAINING PROGRAM

Register by contacting Martina Carvalho martina.carvalho@baylorhealth.edu, 214-820-8178

Welcome to the adult training program for the 2018 Baylor Tom Landry Triathlon! We are happy to have you join our team and please see below for training details. We will be in contact with you about specifics for the startup and feel free to contact Martina Carvalho at martina.carvalho@baylorhealth.edu, 214-820-8178 with more questions.

Come on in and get a jump start on your swim training. We are here for you!



Adult Triathlon Training Program

Start Date: Monday, January 8, 2018 (November 1st –swimming for BTLHWC members only)

End Date: Saturday, April 28, 2018

Managed by Coach **Gayle Mortola**, a USAT Certified Coach with over 10 years of experience coaching triathletes of all levels. Gayle is a USAT Level I coach, Ironman Certified Coach as well as US Masters swim Levels 1 and 2. Her accomplishments include four full ironman distance triathlons, and she recently completed her twentieth half ironman. Gayle began coaching swimming at BTLHWC in 2005 with the former Baylor Tom Landry Triathlon. She has continued to coach early morning swim lessons and is looking forward to coaching a new team of triathletes. You can reach Gayle at gayle_mortola@hotmail.com

Assistant coaches: **Morris Smith** an accomplished triathlete who has participated in all distances of triathlon including Ironman distance. Morris holds a USAT Level I and US Masters swim Level 1 and 2 certification. **Stephen Mobley**, accomplished triathlete with multiple ironman distance finishes. Stephen is US Masters swim coaching Level 1 and 2 certified and Ironman Coach Certified. Those of you, who won't be able to make it to the trainer classes and ride, our spinning instructor Michelle De La Valdene will be happy to help you when you join her class. The schedule of the classes is available on <http://www.baylortomlandryfitnesscenter.com/calendar>.

Swimming:

Sessions will be held at Baylor Tom Landry Health and Wellness Center on Tuesdays and Thursdays from 6:30-7:30 a.m. and 6-7 p.m. Note that there is no open access to swimming pools for non-members.

Biking:

Wednesday evenings 6:30-7:30 p.m. - Indoor cycling on bike trainers at the Baylor Tom Landry Health and Wellness Center (provided by and at BTLHWC) After daylight savings time changes we will bike outdoors from Dallas Bike Works at White Rock Lake.

Saturday mornings 8:00 a.m. weather permitting. We will meet in the Dallas Bike Work's parking lot. (cold rainy weather we will do a swim, bike or run indoors at BTLHWC).

Running:

Monday evenings from 6:00-7:00 p.m. at the Baylor Tom Landry Health and Wellness Center. (We will also run after many of the bikes on Wednesdays and Saturdays)

All athletes in the program will receive a schedule of workouts each week and access to coaches with any questions you may have. If you **are** unable to make the above workouts, we will provide you with the alternative workouts to complete on your own.

Clinics:

Swim classes will include instruction/clinic style the first several weeks;

Run drill focus clinic;

Bike rules of the road/bike handling skills for beginners; flat tire changing;

Transition clinics – we will practice swim to bike to run and all things necessary to achieve a smooth and speedy T1 and T2;

Training and race nutrition talks;

Race day technique/readiness.

Team tech shirt included.

Training program registration does not include event registration. Please register for the triathlon at www.baylortomlandrytri.com

For nonmembers, please bring your ID card each time you enter the facility. The front desk will give you a temporary locker and will give you the card when leaving.