

Tri for the Cure 2008 Clinic Schedule

Date & Location	Clinic Topic
April	
Swim Clinic (pool): Friday, April 11 - 6:00 - 8:00 pm - University of Denver http://www.active.com/event_detail.cfm?event_id=1548700	Beginner Skills and Drills Clinic. Short Course Yards
Run Clinic: Saturday, April 12 - 9:00 - 10:30 am - West Middle School http://www.active.com/event_detail.cfm?event_id=1548707	Run Skills: Learn HOW to run faster and stay healthy
Bike Clinic/ride: Sunday, April 13 - 7:00 - 9:00 am - Chatfield Reservoir http://www.active.com/event_detail.cfm?event_id=1548709	Bike Handling Skills. All Levels
Swim Clinic (pool): Sunday, April 13 - 1:00 - 3:00 pm - DU http://www.active.com/event_detail.cfm?event_id=1548714	Intermediate/Advanced Skills and Drills Clinic. LC Meters
May	
Swim Clinic (pool): Friday, May 9 - 6:00 - 8:00 pm - DU http://www.active.com/event_detail.cfm?event_id=1548722	Intermediate/Advanced Skills and Drills Clinic. SC Yards
Run Clinic: Saturday, May 10 - 9:00 - 10:30am - West Middle School http://www.active.com/event_detail.cfm?event_id=1548798	Field Test: Determine your heart rate training zones
Bike Clinic/ride: Sun, May 11, 7:00 -9:00 am - Chatfield Reservoir http://www.active.com/event_detail.cfm?event_id=1548709	Field Test: Determine your heart rate training zones
Swim Clinic (pool): Sunday, May 11 - 1:00 - 3:00 pm - DU http://www.active.com/event_detail.cfm?event_id=1548801	Beginner Skills and Drills Clinic. Long Course Meters
June	
Swim Clinic (pool): Friday, June 6 - 6:00 - 8:00 pm - DU http://www.active.com/event_detail.cfm?event_id=1548802	Field Test: Determine HR and pace training zones; all lev Work on open water skills training in the pool
Run Clinic: Saturday, June 7 - 9:00 -10:30 am - West Middle School http://www.active.com/event_detail.cfm?event_id=1548803	Run Skills: Learn HOW to run faster and stay healthy
Bike Clinic/ride: Sun, June 8 - 7:00 -9:00 am - Chatfield Reservoir http://www.active.com/event_detail.cfm?event_id=1548804	Speed and Strength training on the bike. All levels
Swim Clinic (pool): Sunday, June 8 - 1:00 - 3:00 pm - DU http://www.active.com/event_detail.cfm?event_id=1548805	Field Test: Determine HR and pace training zones; all lev Learn open water skills training in the pool
Swim Clinic (open water): Tuesday, June 17 - 6:00 pm - Aurora Reservoir http://www.active.com/event_detail.cfm?event_id=1517285	Beginner clinic to work on open water swim ability
Swim Clinic (open water): Tuesday, June 24 - 6:00 pm - Aurora Reservoir http://www.active.com/event_detail.cfm?event_id=1517304	Beginner clinic to work on open water swim ability
Swim Clinic (pool): Friday, June 27 - 6:00 - 8:00 pm - DU http://www.active.com/event_detail.cfm?event_id=1548806	Strength in the pool: learn to be a stronger swimmer
Tri Camp, Saturday, June 28th, Cherry Creek State Park registration opens May 1 - www.triforthecure-denver.com	Full day of triathlon skills training at the event site
Swim Clinic (pool): Sunday, June 29 - 1:00 -3:00 pm - DU http://www.active.com/event_detail.cfm?event_id=1548807	Speed in the pool: learn to be a faster swimmer

July

Swim Clinic (open water): Tuesday, July 15 - 6:00 pm - Aurora Reservoir http://www.active.com/event_detail.cfm?event_id=1517305	Intermediate clinic to work on open water swim ability
Swim Clinic (pool): Friday, July 18 - 6:00 - 8:00 pm DU http://www.active.com/event_detail.cfm?event_id=1548809	Strength in the pool: learn to be a stronger swimmer Work on open water skills training in the pool
Run Clinic: Saturday, July 19 - 9:00 - 10:30am - West Middle School http://www.active.com/event_detail.cfm?event_id=1548803	Speed and strength work to improve running ability
Bike Clinic/ride: Sunday, July 20 - 7:00 -9:00 am - Chatfield Reservoir http://www.active.com/event_detail.cfm?event_id=1548813	Speed and Strength training on the bike. All levels
Swim Clinic (pool): Sunday, July 20 - 1:00 - 3:00 pm - DU http://www.active.com/event_detail.cfm?event_id=1548811	Speed in the pool: learn to be a faster swimmer Work on open water skills training in the pool
Swim Clinic (open water): Tuesday, July 29, 6:00 pm - Aurora Reservoir http://www.active.com/event_detail.cfm?event_id=1517306	Beginner clinic to work on open water swim ability