

# WBIKERUN



**DANSKIN**<sup>®</sup>  
TRIATHLON SERIES  
an Xtra Mile LLC property

## TRAINING



**Train smart, efficiently and effectively with the preferred training provider for the Danskin Triathlon Series.**

### Group Training

Live coach. Supportive. Team spirit.  
Fun and friendships. Group training plan.  
Sport skills.  
Motivation and encouragement.  
Programs run from \$259 - \$329 (8-12 weeks)

### One on One Coaching

Tailored custom training plan.  
Your very own live coach.  
Structure. Purpose. Race day tips and skills.  
The next step after group training.  
Coaching starts at \$189 per month with one time setup.

### Web Coaching

Online training plan.  
Web-based coach to keep you on track.  
Programs range from \$99 - \$139

**Sign up today: [www.heartzonescoaching.com](http://www.heartzonescoaching.com) • 877-283-1575**

*Heart Zones USA licenses the Danskin Triathlon Series trademark for use in connection with Heart Zones Preferred Training Programs including One on One Coaching, Group Training, Web Coaching, in accordance with guidelines provided by The Xtra Mile LLC from time to time relating to the use of such marks. The Xtra Mile LLC and Studio IP Holdings LLC do not own or operate any of these programs.*

**Training Advisory:** Triathlons take place in open water. Athletes are encouraged to complete the 800-yard Swim distance (race length) in open water at least one time prior to Race Day. No swim aids are allowed during competition.

### Sally Edwards, CEO, The Sally Edwards Company President, Heart Zones USA.

As a professional athlete, Sally is the former Master's World Record holder in the Ironman Triathlon, a World Record Holder in the Iditashoe 100-Mile Snowshoe Race, a winner of the Western States 100-Mile Run and a finisher in multiple adventure races. From the time she ran the 1984 Olympic Marathon Trials using her heart rate monitor, Sally has been at the forefront of a revolution in fitness training using technology with science. Combining proven advances in the science of exercise physiology with her personal experience as a professional athlete, she created the Heart Zones Training System, the first to use zone training.

A prolific author with more than 22 books including Triathlons for Women and the Heart Rate Monitor Guidebook, Sally also finds the energy to lead two different business enterprises: The Sally Edwards Company, a professional speaking enterprise, and Heart Zones USA, a training, education, programming and coaching business. She encourages you to invite her to speak to your organization about her mission – getting America fit. A keynote speaker and entrepreneur, Sally is committed to helping others improve their health, fitness, and finish through emotional, metabolic, and physical fitness.

To Contact Sally about how you can help Sally Get America Fit or to purchase one of her books: [www.heartzones.com](http://www.heartzones.com); [Staff@heartzones.com](mailto:Staff@heartzones.com)

TITLE SPONSOR

**DANSKIN** 

PLATINUM LEVEL SPONSOR

**trekwomen** 

CHARITIES



TEAM **Survivor** 



The Trek Women Triathlon Series is a property of The Xtra Mile LLC. Trek and Trek Women are trademarks of Trek Bicycle Corporation.