



the only answer to open water swim training

Make the 2009 triathlon season your best yet! Whether you are new to the sport or an IM veteran, SWIMfast has the technical expertise to get you out of the water with a smile! Mark Peterson, owner and coach has coached 1000's of athletes to the finish line.

Beginner Training for Sprint, Olympic, Half IM Distance

For those who are new to triathlon, this class is for you. We will teach you how to get comfortable in the water, establish open water technique, seed yourself during a wave start, sight, round a buoy and much more.

Monthly (great for targeting a specific race) **\$90**

- ◆ Weeks of May 11-June 1 (4 weeks), June 8-June 29 (4 weeks), July 6-July 27 (4 weeks), August 3-September 7 (6 weeks)
- ◆ Tuesday & Thursday: 5:45-7:15pm
- ◆ Where: Lake Wingra, Monona and Mendota

Entire Summer of Training-18 weeks (great for those planning to do multiple races) **\$300**

Advanced Swimmer & IRONMAN Training

For those who have swimming backgrounds, completed triathlons in the past and are training for an upcoming IM this class is for you. We will teach you to improve stroke efficiency, build endurance and speed.

Entire Summer of Training (18 weeks) \$300*

- ◆ Classes begin the week of May 11th thru the week of September 7th, 2009
- ◆ Monday & Wednesday: 5:30-7:00pm
- ◆ Where: Lake Wingra, Monona and Mendota

*Current SWIMfast clients \$280 if signed up by March 12th



Private OWS Lessons Available

- ◆ 1 session \$65.00
- ◆ 6 sessions \$350.00 (10% price break vs. singles)
- ◆ 12 sessions \$600.00 (23% price break vs. singles)

Registration Information (Mail registration & check to)
SWIMfast, Attn: Mark Peterson, 128 Buechner Circle, Mt. Horeb
WI 53572

Questions? Call Mark at 608.239.0008 or mark@swimfastmadison.com

TEAM SWIMfast...live it. love it.

If you would like to join Team SWIMfast talk to Mark! Team SWIMfast welcomes athletes of all levels and abilities. We have plenty of group training opportunities, regular team meetings and discounts from some of the very best sponsors! Best of all, we support each other and have fun.



Open Water Swimming Registration Form 2009

Name _____ Email _____

Address _____

(City)

(Zip Code)

Phone Number(s) Primary Phone _____

Secondary Phone _____

Emergency Contact Information _____

(Name)

(Phone)

(Relationship)

Would you be able to consistently come to a Friday session of OWS from 5:30-6:30 PM _____

Would you like to receive more information about Team SWIM*fast*? _____

Please mail registration form & payment (check) made out to SWIM*fast* to:

SWIMfast
Attn: Mark Peterson
128 Buechner Circle
Mt. Horeb, WI 53572