



www.running-school.co.uk

FREE Triathlon Evening Seminar

Mike Antoniadis – Founder of The Running School plus...

Dan Bullock

Started swim for tri in 2003. Have coached thousands to easier open-water swimming.

British Record Holder in the 800m Front Crawl as a member of the OTTER MASTERS Swim Team

National Masters Champion in 2008

DOUBLE IRONMAN FINISHER (South Africa 2008, Lake Placid 2003,) Best Ironman swim of 44:50

BRITISH TRIATHLON TEAM, (Represented GB at the World Age Group Team to Holland 2000, Edmonton 2001, Cancun 2002)

Double Olympic Trials finalist for GB – Swimming, 1988,1992

Mid American Conference Champion during a 4 yr scholarship to the US.

9 year student of Bikram Yoga

2005/6 220 Magazine Triathlon Coach of the Year

2005 London Region Triathlon Coach of the Year.

Qualified with the ASA and BTF

Dan will be answering your questions relating to the swim phase of Triathlon

Scherrit Knoesen

Background

The Bike Whisperer opened for business three years ago as a result of a lifetime's experience and love of bikes & biking. With over 20 years' experience of bike mechanicing, wheel building, coaching, bike fitting and racing, The Bike Whisperer offers you reliable and friendly advice. Most of our customers are triathletes, sportive riders or club riders – with a few national and world champions amongst them.

Triathlon: Why is the Cycling Phase so Important?

2 reasons: firstly more time is spent in this phase than in any other, secondly it accounts for a large proportion of your triathlon budget. Get it right and you will perform better overall and not break the bank – get it wrong and you risk poor performance and injury as well as a big overdraft.

Elements for Success in the Cycling Phase

1. **Equipment**
2. **Fit**
3. **Training**
4. **Pacing**

“Having worked with the Bike Whisperer on several occasions, I have seen improved speed from aerodynamics and comfort from my position - I would not hesitate in recommending The Bike Whisperer to anyone who is looking to set new PBs over any distance.”

John Franklin

Iron Man South Africa 2009 (1st AG, 26th OA), Ford Ironman World Championships Hawaii 2009 (1st GB AG, 8th AG, 172nd OA)

For more information on this **FREE** event:

Call 0208 5630007 or E-Mail run@running-school.co.uk