

Have you ever wondered...

- if you could train for and compete in a triathlon?
- how you would train for a triathlon?
- how much time you would need to commit for triathlon training?

Or...have thoughts of triatholons scared you from thinking any further?

NU Fitness & Recreation's

lunchtime educational series presents . . .

FROM THE COUCH TO THE FINISH LINE!

Wednesday, April 9

12:10 - 12:50pm

ANYONE can do a triathlon. Whether you are a novice or an experienced athlete, get the facts on how YOU can train for and compete in a triathlon. Join Marla Richmond, M.S., exercise physiologist/author, and the NU Fitness staff and learn the basic guidelines and recommendations for training and preparing for a triathlon. Come find the triathlete within you!

A **FREE light lunch** will be available to those in attendance. Pre-registration recommended. For more information, call **(847) 491-4303**.

Location

Northwestern University, Sports & Aquatics Center,
2311 Campus Drive,
Evanston IL, 60208