

# West Coast Triathlon Academy



We accomplish this mission in a training group of no more than 15 athletes with a six-day micro-cycle of training in a supportive and challenging environment. Excellent weather allows for sunny warm weather with pleasant ocean breezes year-round. San Luis Obispo, California is the base of training operations allowing easy access to larger cities such as San Francisco and Los Angeles.

Expect at least three workouts per day. Training typically consists of a morning swim in a world class outdoor 50-meter pool or in the spectacular Pacific Ocean with surf and navigation to contend with. Some of California's most scenic beaches make up the Central Coast. Next might be a ride in the lightly travelled roads thru scenic valleys, vineyards, and challenging coastal mountains. Emphasis is on ITU group riding skills and tactics along with a great base of cycling fitness. Running would follow along the same roads, excellent local running tracks, or world class trails thru the mountains and valleys.


Ample opportunity for housing rentals is available close to the training facilities. Many times, athletes will go together to rent a house in the area. Multi-mode transportation is available throughout the city making the need for a car nonexistent.


Racing will be at draft legal races locally, nationally and internationally based on the athlete's skill level. Racing of single sport as well as standard triathlon will supplement the ITU draft legal formats for multiple opportunities to measure progress. Domestic athletes will have the opportunity to qualify for their elite card thru the Elite Development Races. International athletes will qualify based on their home country's national governing body criteria.

Mission: Teach and train athletes with athletic potential to be world class triathletes capable of winning on the international stage.

[www.WCEcoaching.com/TRIacademy](http://www.WCEcoaching.com/TRIacademy)

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