

# **TRAININGBIBLE**

## **COACHING**

& **Razor Sharp Fitness** presents

**Train Smart Physical Assessment**

# **Tri-Fitness Workshop**

with TrainingBible Elite Coach and Local Triathlon Expert

## **Jim Dicker**

**Saturday, March 6**

**9am-1:30 or 12:30-5pm**

*Swim Stroke Underwater Video - Bike Fit - Run Gait  
Bio-Mechanical Analysis - Ask a Coach &  
Sport Specific Functional Strength*

**Register online at [Active.com](http://Active.com)  
or [www.trainingbible.com](http://www.trainingbible.com)**

Non-member price = \$125

**Club Member = \$100**

TBC Coached Athlete = \$100



**7300 Washington Ave. Racine WI**