



Muscular Strength, Core and



During the month of January, Coach Megan Hovis with **Upgrade Lifestyle** will host 45 minutes sessions @ HFAA:

Monday's 6:30pm, Thursday's @ 10:30am

\$5 per class for Team Triumph Members \$10
per class for Non Team Triumph Members

January Birthday's

Debbie Richardson-January 9th
Kelly Neal-January 10th



Team Triumph Coordinators:

Cyndi Johns: Director cjohns2@carolina.rr.com
Shirlene Haines: Assistant Director
Corrine Lewis: Secretary
Dinah Mistilis: Treasurer
Heather Sansbury: Events
Tara Owens: Training
Sue Mitchell: Media
Stephanie Hanley: Uniforms
Mary Pat King: Sponsorship
Jen Biela: Newsletter biela@ctc.net

2010...What have you registered for?

Can you believe that 2010 has already started? The 2010 triathlon season will be here before we know it. Setup events has a great list of upcoming events already posted and open to registration. These events fill up fast, so sign up soon

Check them out at: www.setupevents.com

We would like to know what events everyone is signing up for. Share your commitments for 2010 so we can all do our best to support each other throughout the season.

Please e-mail Alexis Lowe at:
alexiskaleida@hotmail.com

Plyometrics - Build Your

Plyometrics are exercises that require your muscles to reach peak force in a very short amount of time. They will improve your speed, power and running economy. You should make sure you have built a good base of strength with general lower body strength training and running specific strength training before attempting these high intensity plyometrics and plyometric exercises.

By Rick Morris

For more information:<http://www.runningplanet.com/training/plyometrics.html>