



SWIM • BIKE • RUN • TRIATHLON



WINTER SPORTS LECTURE SERIES

All talks held at the edge sports shop
79 North Main Street, Cork City, 021 480 6040
For more details : www.theedge-sports.com

SATURDAY 8TH NOVEMBER 4.30 - 5.30pm

Winter Training for Triathletes

By Trevor Woods

Trevor is the Irish National Half Ironman Champion 2008; He works in the UCC Physiology Lab carrying out Research & completing Fitness Assessments.

SATURDAY 15TH NOVEMBER 4 - 5pm

A Smart Approach to Fitness

By Gillian O'Sullivan

Gillian is an excellent Fitness Coach, Silver Medallist 2003 World Athletics Championships, Former Olympian and IAAF 5km World Record Holder

SATURDAY 22ND NOVEMBER 4 - 5pm

SWIMMING EFFICIENTLY

By Eilish Burns

SWIMMING BEGGININGS TO CROSSING THE CHANNEL

By Niall O Cruaiaich

Eilish is among Irelands top Swimmers & Coaches;
Niall is an experienced Endurance Athlete, and swam the channel Sep 2008

SATURDAY 6TH DECEMBER 4 – 5pm

Winter Cycling Training

By Timmy Barry

Timmy is a former international road racer, manager of the 2008 Irish cycling team along with his own career he is now giving coaching advice.