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MEMBERS BENEFIT SCHEME



TRIATHLON

WESTERN AUSTRALIA

SESSION	MONTH
Ironman Seminar - Nutrition, Hydration, Recovery	November 2011
Novice Bike Skills Session	December 2011
Intermediate Bike Skills Session	January 2012
Staying Healthy - Injury Prevention & Diet	February 2012
Mental Skills for Endurance Events	March 2012
Ironman 70.3 Seminar - Nutrition, Hydration, Recovery	April 2012
Open Water Swimming Clinic	April 2012
Keeping Fit & Fabulous in Winter	June 2012

Triathlon WA.
Giving more
to our valuable
members



www.triwa.org.au