

TRAIN FOR THE CHALLENGE

OPEN WATER ENDURANCE TRAINING PROGRAM



Provided by:

**PORTSMOUTH INDOOR POOL &
AQUATIC FITNESS CENTER**



Join us! Please join us for a new and exciting program focused on open water endurance training. The program is supported by the Portsmouth Indoor Pool, the Nubble Light Challenge, and volunteer coaches who have extensive experience in participating in open water endurance swimming and racing.

Program Overview: The program is designed to support swimmers and triathletes with limited open water experience who want to develop their open water swimming readiness, skills and capabilities. The coaches will assist athletes in following a structured approach to prepare for a significant ocean swimming race, the Nubble Light Challenge. The race is a 2.4 mile ocean swimming race held in York, Maine, in July, 2012.

This program is also intended for **all swimmers** who wish to prepare for other open water swims or triathlons that represent a significant "step up" compared their current experience.

Refer to these links for more information,

or call the pool:

<http://www.cityofportsmouth.com/recreation/indoor.htm>

<http://www.nubblelightchallenge.com/>

INTRODUCTORY SEMINAR

Date: December 3, 2011

(No fee to attend)

Time: 9:00 to 10am

(Held in the pool's meeting room)

Meet the coaches and get all the details for the program.

PROGRAM

Start: Saturday, January 7, 2012

When: Every other Saturday—all winter long until April/May.

Time: 6am to 7am (all 6 lanes)

Fee: \$7.00 drop-in fee or \$50.00 for a 10x punch pass. (Pool membership not required)

Ocean Swimming: 4 sessions of coached ocean swimming with kayak support will be included with the program (in June)

Portsmouth Indoor Pool & Aquatic Fitness Center

48 Andrew Jarvis Drive (next to the High School), Portsmouth, NH 03801 (603) 427.1546