



Spring is just around the corner with longer daylight and warmer temps not too far behind.

The 17th Annual Lake to Lake Triathlon, the longest standing triathlon in Northern Colorado and best post race breakfast is a little over 2 months away.

A private or 2 person swim session can really help fine tune your swimming, get you more comfortable in the water and help you swim FASTER!!! To set up a private or 2 person session, please contact eric@coachericneilsen.com

Private

1 session - 30 min/\$50, 60 min/\$95, 90 min/\$135
3 pack - 30 min/\$140, 60 min/\$270, 90 min/\$385.

2 person

1 session - 30 min/\$70, 60 min/\$120, 90min/\$170
3 pack - 30 min/\$200, 60 min/\$340, 90 min/\$485

Train Smart Race Fast
Coach Eric

Eric Neilsen is a multisport coach and consultant having competed in over 100 triathlons since 1986 and has been coaching swimmers & triathletes since 1991. Currently working with athletes of all abilities from novice to professional empowering clients to achieve their full athletic potential. More info www.coachericneilsen.com