

SHANNON ECKSTEIN IRONMAN CLINIC

BOOK NOW!

8X KELLOGG'S NUTRI-GRAIN, 6X AUSTRALIAN & 4X WORLD IRONMAN CHAMPION

IRONMAN SPECIFIC TRAINING ■ TEAM EVENTS ■ NUTRITION
SPORTS PSYCHOLOGY & RACE STRATEGIES ■ RECOVERY
TRAINING TIPS - BOARD PADDLING, SWIMMING, TRANSITIONS & RUNNING
U/8 - U/17 AGE GROUPS ■ LOTS OF PRIZES & GIVEAWAYS

DATE 1 March 2015 VENUE Wanda SLSC TIME 8:30am-3:00pm



MORE INFO

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SEE YOUR CLUB FOR REGISTRATION FORMS

FIND US ON FACEBOOK & INSTAGRAM