

# Adult Swim Training at Caughlin Athletic Club

Are you a triathlete looking to get faster in the water?

Interested in doing a triathlon but nervous about the swim?

Do you swim for fitness and want to improve your technique?



If you answered yes to any of the above questions, contact Ryan Evans of EFAST today to schedule an individual stroke analysis at Caughlin Athletic Club. During the stroke analysis, you will be provided with:

- Technique improvements for your particular stroke
- Tips to become more efficient in the water – efficiency is the key to faster swimming!
- Instant feedback and 3 key areas to focus on to improve your swimming

<u>One-on-One</u>	<u>Group (2-4 people)</u>
60 minutes = \$65; w/video analysis = \$80	60 minutes = \$40 per person; w/video = \$55
30 minutes = \$40; w/video analysis = \$65	30 minutes = \$25 per person; w/video = \$50

Ryan is the co-owner of EFAST and a former Division I swimmer at the University of Iowa. He has 12+ years of coaching experience – from beginners to collegiate athletes.

*To schedule a swim analysis, contact Ryan at (775) 287-6883 or [ryan@endurancefast.com](mailto:ryan@endurancefast.com)  
A swim analysis is open to Caughlin Club members and non-members.*

