

# **ZN Triathlon Swim Training Program™ at Toms River Fitness and Aquatic Center**

Head Coach and Training Coordinator - Zero Negative Owner - James Kotran 732 597 4148

Program Name: **Zero Negative Triathlon Swim Training - SWIM BIKE RUN**

**Description:** Zero Negative Triathlon Swim Training is a comprehensive program designed to give athletes of all levels (*novice to pro*) an opportunity to achieve their goals by training with a **TEAM** of the area's most accomplished **Coaches/Athletes** in one of **New Jersey's Premier Fitness Centers!** **ZN TT is everything you need and more than you expect...** it offers all the elements an athlete requires to attain peak performance while enjoying the extraordinary benefits of group training. *We're a family of athletes pulling together to realize our potential and achieve goals beyond our own expectations!!!*

We provide **The Best Pool and Open Water Swim Training on the Planet!!!** ZN Coach James Kotran uses his 30 years of competitive and professional experience to help you prepare to be comfortable, confident, and technically efficient in any body of water! His conditioning methods are innovative and highly effective. **Coach James is friendly, full of energy, extremely knowledgeable, and fun to train with!** **ZN Athletes - Smarter, Stronger, Faster!!!™**

Our Periodic Bike and Run Group Training / Seminars are coached by a highly skilled **TEAM** of individuals who will share their enthusiasm and knowledge, while leading you on your own path to great achievement, success, and triumph!

## **Zero Negative Coaches**

**Swimming - Head Coach and Training Coordinator ZN Coach James Kotran**

**Entry Level Athlete Coach - Laura Salerno**

**ALL Coaches' Bios available on - [SwimZN.com](http://SwimZN.com)**

**TRF Personal Training Tri Fitness Specialists - ask Coach James for Details**

**Location: Toms River Fitness and Aquatic Center - 213 Route 37E – K-Mart Plaza Toms River, NJ 08753 732-914-9500**

**Training Options/Fees:** **1 Year Program Member - \$89 per month + Tax EFT 10 Session Package - \$395 1 Day Guest - \$50**

**There is an ENROLLMENT fee when applicable - \$29.00 (CHILD CARE AVAILABLE - INQUIRE AT FRONT DESK FOR DETAILS)**

**Training Fees Include:**

**\* 1 Zero Negative Swim Training Session per WEEK - You can come to any one of the swim training sessions listed below.**

(Swims are Indoors in the Fall and Winter... and Indoors and Outdoors (Weather Permitting) in the Spring and Summer)

**\* Full Privilege TRF Membership - (New Members are entitled to: 3 Fitness sessions, 5 Free Spins Classes... etc.)**

**There is much more so inquire at front desk for information and pick up your TRF Member packet, or log on to: [trffitness.net](http://trffitness.net)**

**\* Plus Scheduled Group Bike and Run Training / Seminar Sessions Throughout the Year (Schedule to be announced)**

**\*\*\* Plus all the extraordinary benefits of group training! Note: You can sign up at any time during the month!**

**Triathletes Swim Schedule: Nights... Wed 8 - 9 pm Fri 7 - 8 pm**

**Mornings... Tues 6 - 7 am**

**Weekends... Sat 7 - 8 am**

**Schedule and locations may change during the outdoor season!**

**~ All Participants must fill out a 2012 Zero Negative Wavier ~**

**CoachJames@SwimZN.com 732 597 4148**

**Copyright © 2012 Zero Negative LLC All Rights Reserved**