

health and wellness

you belong at the center. experience it.



# Sabes JCC Indoor Sprint Triathlon

What: 10 Min Swim, 30 Min Bike, 20 Min Run.

When: 3/21/10 between 1:40-5:30 PM.

Where: Sabes JCC. 1) Pool, 2) East Studio, 3) Fitness Floor

Cost: Fitness/Premium Members \$30, Program Participant/Community Members \$39.50

Who: Members and Non Members age 11 and up. Must be able to swim one length of the pool, fit on the Lemond Indoor Cycling Bikes, and be comfortable walking/running on a treadmill.

**Registration:** You will be able to register online at <http://www.midwestevents.us/event/1550> prior to the day of the event until it fills (24 People)

**Participants:** You should arrive a least 30 minutes prior to the start of their heat will have a transition area in the east studio assigned to them where only necessary gear can be stored. All other gear will need to be stored in the locker rooms need to get marked in the East studio before heading to the pool area for warm up.

## Swim

- 10 minute swim for distance in the pool.
- Only completed lengths will be counted by staff.
- 2 swimmers will splint each lane.
- 10 minute warm up swim prior to each heat
- Must be marked w/ race # prior to entering water.

## Transition 1 (T1) - See Below

## Bike

- 30 minute bike for distance on Lemond Indoor Cycle in East Studio.
- Biking shoes are optional. Pedals are SPD.
- Biking shorts and water bottles are recommended.
- Headphone are allowed.
- All bikes will be set to a standard resistance for all participants.
- Staff will zero out computers prior to the start of the bike and record completed distances.

## Transition 2 (T2) - See Below

## Run

- 20 minute run for distance on the Lifefitness 9500 treadmill on the fitness floor.
- All treadmills will be cleared prior to starting and only the "Quick Start" program will be used.
- Incline will be set to 2 % and participants will control their speed.
- Use of railing is prohibited while running as is resting off the tread while it is moving.
- Staff will record completed distances at the completion of the run.

## Transitions will occur as follows.

### Heat 1

- 5 min (T1)
- 2.5 Min (T2)

### Heat 2 and 3

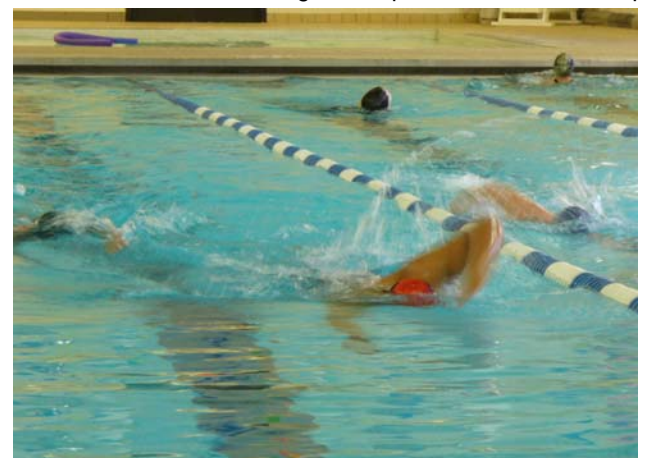
- 10 Min (T1)
- 5 Min (T2)

### Swim to Bike

- Pool Deck
- Lockers Rooms if needed.
- East Studio

### Bike to Run

- East Studio



Stats will be posted at the club and e-mailed out later that day with details for next month's triathlon.

For more information call 952-381-3406 or email [personaltraining@sabesjcc.org](mailto:personaltraining@sabesjcc.org)



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[www.sabesjcc.org](http://www.sabesjcc.org)