

health &  
wellness

at the  
Sabes JCC



# Triathlon Training

*for beginner & intermediate levels*

## WHEN:

Summer Session 1 - June 3 – July 8 (no sessions 5/27, 6/10 & 6/24)

Summer Session 2 - July 15- Aug 5

**WHO:** Adult group training and Youth (8-17) group training offered in groups of 6-8 people

**COST:** \$120 (4-week phase)

This program is intended to prepare you for a triathlon of your choice with monthly progression that consists of 4-6 phases depending on race and start date.

## Program Includes:

- Weekly one hour group training sessions. Each session will focus on one of the disciplines of triathlon (swim, bike, run and transition) and will be tailored to the needs of the group.
- Participants will become a member of **TrainingPeaks.com**. Weekly swim, bike and run workouts will be created in Training Peaks based on your ability and will be adjusted as needed.
- A basic strength training tailored towards triathlon training
- A basic stretch program tailored towards triathlon training

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



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# FREQUENTLY ASKED QUESTIONS

Q. What are the distances of a triathlon?

A. Most sprint distance triathlons include a 500yd-1/2 mile swim, 10-18 mile bike and 2-4 mile run. There are shorter and longer distances, super sprint, Olympic distance, 1/2 Ironman and Full Ironman.

Q. Do I need to buy any equipment?

A. Not necessarily, some people just like to have all the fun gadgets and best equipment. You can complete a triathlon with the basics including a swim suit and goggles, any bike and helmet (current), and running shoes.

Q. How much time do I need to put into training every week?

A. This will depend on the distance and your goals.

Q. What if I want to train in just running or overall endurance?

A. Jennifer also offers Endurance Performance Training (EPT) with a more generalized approach to overall endurance and parallel program content.

Q. Is there a Youth Tri-Training?

A. Yes, ages 8-17

For questions, information or to enroll, please contact Jennifer Wetteland at [jwetteland@sabesjcc.org](mailto:jwetteland@sabesjcc.org).

