

health &
wellness

at the
Sabes JCC



Triathlon Training

DAY/TIME: Fridays • 8:15 - 9:30 AM

OR Sundays • 9 - 10:15 AM

LOCATION: Sabes JCC • March-August 2020

COST: \$546

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

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minneapolis