



Triathlon Club

Sunday morning triathlon club group workout

Who: Any member interested in cross training / training for triathlons / training to try your first triathlon.

What: A group workout

-Starts with a one hour swim workout. This will be intervals by lanes.

-Swim is followed by a group cycling class or a run. The cycling will be lead by a volunteer, as will the run. Cycling will be 45 min to one hour. Run will be your choice as runners begin together and then drop off or continue as desired. During better weather we will also do group road rides.

When: Sunday mornings. Swim starts at 8:00 am. Bike / run starts at 9:00 am.

Cost: Free to members

Later in the year we will plan clinics for all events and we will plan excursions to workouts and triathlons as a group. (team attire is a goal also).

We hope to have multiple workouts during the week also.

*Volunteer leaders needed. Mike N. will lead workouts but is looking for help. If you would like to help organize or lead workouts please contact Mike at the Y.

Questions:

Contact : Mike Norklun , Executive Director

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