

Triathlon Training High Performance Training May 28th-August 15th, 2024

**Triathlon training program offered for
athletes' race age 13 and older**

Training Times:

- Mondays: Meet at Midco Aquatics Center; Swim (6:15-7:15 pm); bike (7:45-8:30 pm)
- Tuesdays: Run Training (6:00-7:15 pm); Various locations
- Wednesdays: Meet at Lake Alvin; Swim/Bike/Run (6:00-8:15 pm)
- Thursday: Meet at Yankton Trail Park; Bike/Run (11:00-12:15 pm)

Cost:

- \$275.00 (\$325.00 non-member)
- Registration deadline is Wednesday, May 22nd, 2024

Sign-up online at sanfordwellness.org

<https://hnd-p-ols.spectrumng.net/sanfordwellnesscentersiouxfalls/Login.aspx>



*Fitness that **fits** your life.*

