

High Performance Triathlon Training Program January 28-February 25, 2024

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

Training Times:

Sundays: Swim/Bike/Run 5:00-7:00 pm

Cost: \$40.00 (\$65.00 non-member)

Registration deadline is Thursday, January 25, 2024

Registration Link:

<https://hndols.spectrumng.net/sanfordwellnesscentersiouxfalls>

For more information contact: Kathy.grady@sanfordhealth.org

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

