

# SANFORD TRIATHLON Training Program



## APRIL 1ST-JUNE 19TH, 2019

These structured practices will provide a positive environment and coaching necessary to succeed in triathlon and also provide a great social outlet for all involved.

### TRAINING TIMES

#### MONDAYS SWIM TRAINING

11:00-12 p.m. (through May 22nd only)  
6:15-7:15 p.m.

#### TUESDAYS RUN TRAINING (SPEED AND HILL TRAINING)

6-7:15 p.m. (various locations)

#### WEDNESDAYS BIKE & SWIM TRAINING

*(1st 6-8 weeks, meet at Wellness Center, then will meet outdoors 6-8 p.m.)*

Swim: 11-12 p.m. (through May 22nd only)

Bike: 5:30-6:05 p.m. (cycle room)

Swim: 6:15-7:15 p.m.

## SWIM CLINIC

**SUNDAY, APRIL 14TH, 2019**

6:15-8 p.m.

## SEMINARS

**NUTRITION & HYDRATION**

**THURSDAY, APRIL 4TH, 2019**

5:30 pm (Wellness Center)

**THURSDAY, APRIL 25TH, 2019 BIKE  
MAINTENANCE**

7 p.m. (Spoke-n-Sport)

## TRANSITION CLINICS

**THURSDAY, MAY 16TH, 2019**

6:15-7:30 p.m. (Yankton Trail Park)

**THURSDAY, JUNE 6TH, 2019**

6:15-7:30 p.m. (Yankton Trail Park)

## COST

**\$250 (BEFORE MARCH 20TH, 2019)**

Non-members: \$300

**\$275 (AFTER MARCH 21ST, 2019)**

Non-members: \$325

*\*Price includes entry into Dakotaman Triathlon at Wall Lake (\$45.00 value)*

## REGISTRATION

**DEADLINE IS MARCH 28TH, 2019**

To get the early bird registration sign up, in the Sales Office, before March 20th, 2019; price goes up on March 21st.

## FOR MORE INFORMATION

Contact [Kathy.grady@sanfordhealth.org](mailto:Kathy.grady@sanfordhealth.org)

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