

SWIM FOCUS 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.

WEDNESDAYS — SWIM TRAINING

11-12 p.m. (through May 22nd only)
6:15-7:15 p.m.
Mid-May will incorporate Open Water Swims

SEMINARS

NUTRITION & HYDRATION

THURSDAY, APRIL 4TH, 2019

5:30 pm (Wellness Center)

BIKE MAINTENANCE

THURSDAY, APRIL 25TH, 2019

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

SWIM CLINIC

SUNDAY, APRIL 14TH, 2019

6:15-8 p.m.

COST

\$150 (BEFORE MARCH 20TH, 2019)

Non-members: \$200

\$175 (AFTER MARCH 21ST, 2019)

Non-members: \$225

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

