

Adult Triathlon Training Program

May 27th-August 13th, 2025

Triathlon Training Program Includes:

- Three group sessions a week with trainer
- Weekly email updates

Training Times:

- Mondays: Wellness Center; Swim (6:20-7:15 pm); optional bike (7:30-8:30 pm)
- Tuesdays: Run Training (6:00-7:15 pm); Various locations
- Wednesdays: Meet at Lake Alvin; Swim/Bike/Run (6:00-8:15 pm)

Cost: \$300.00 (\$375.00 non-member)

Registration deadline is Wednesday, May 21, 2025

Sign-up online at sanfordwellness.org

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

*Participant must be able to swim and be comfortable in open water

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



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

