

Youth Triathlon Training Camp

Ages 7-18

December 27, 28, & 29, 2022

Goals of Camp

Focus on swim, bike & run specific skills needed to expose young athletes to the multisport lifestyle

Training Times: 9:45-12:15

Each day will have a specific focus

- Tuesday: Bike/Swim/Sighting Drills
- Wednesday: Mobility/Run/Swim
- Thursday: Strength & Core Training/Bike & Transitions/Yoga/Goal Setting

Cost:

\$ 50 Members (before 12/21/22)

\$ 75 Non-Members (before 12/21/22)

Location: Oxbow Location

*Participant must be able to swim at least one length of the pool

Space is limited!

Sign-up in Sanford Wellness Center Sales Office



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