

# SANFORD TRIATHLON - TRAINING PROGRAM

## Oxbow Location

### SPRINT TRIATHLON TRAINING ALL INCLUSIVE PROGRAM

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

#### Session I (12 Weeks)

**APRIL 4-JUNE 22, 2022**

Training Times:

**Mondays:** Swim Training:

11:00 am-12:00 pm (through May 25 only)

6:15-7:15 pm

**Tuesdays:** Run Training

6:00-7:15 pm

**Wednesdays:** Swim and Bike Training

5:30-6:05 pm (Icycle room) until mid-May then outdoor biking

6:15-7:15 pm (Pool training until mid-May) then open water swim

**Cost:** \$275.00 Members (\$350.00 Non-members)

#### Session II (8 Weeks)

**JUNE 27-AUGUST 17, 2022**

Training time same as Session I

**Cost:** \$200.00 Members (\$275.00 Non-members)

**Sign up for both sessions and save 10% by March 23, 2022**



# SANFORD TRIATHLON - TRAINING PROGRAM

## Oxbow Location

### SWIM FOCUS ONLY TRIATHLON TRAINING PROGRAM

#### Session I (12 Weeks)

**APRIL 4-JUNE 22, 2022**

Training Times:

**Mondays:** Swim Training at the Wellness Center

11 am-12 pm (through May 25 only)

6:15-7:15 pm

**Wednesdays:** Swim Training

6:15-7:15 pm (Pool training until mid-May) then open water swim

**Cost:** \$225.00 Members (\$300.00 Non-members)

#### Session II (8 Weeks)

**JUNE 27-AUGUST 17, 2022**

Training time same as Session I

**Cost:** \$150.00 Members (\$225.00 Non-members)

**Sign up for both sessions and save 10% by March 23, 2022**

### SPEED AND STRENGTH RUN PROGRAM

Become a faster, stronger runner and learn the benefits of speed and hill training.

#### Session I (12 Weeks)

**APRIL 4-JUNE 22, 2022**

Training Times:

**Tuesdays:** 6:00-7:15 pm

**Cost:** \$75.00 Members (\$125.00 Non-members)

#### Session II (8 Weeks)

**JUNE 27-AUGUST 17, 2022**

Training time same as Session I

**Cost:** \$50.00 Members (\$100.00 Non-members)

**Sign up for both sessions and save 10% by March 23, 2022**

### OPEN WATER SWIM TRAINING ONLY

**JUNE 1-AUGUST 17, 2022**

Training Times:

**Wednesdays:** 6:00-6:45 pm

**Cost:** \$75.00 Members (\$125.00 Non-members)



Contact [kathy.grady@sanfordhealth.org](mailto:kathy.grady@sanfordhealth.org) with questions about Triathlon Training programs