

TRIATHLON DUATHLON



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAINING 101 Prep and Conditioning

Register Now!

Do you want to give the Triathlon/Duathlon a try but you don't know where to start? Or, do you want to brush up on your skills and techniques? This class is for you!

Triathlons and Duathlons are fun sports! This class is open to participants of all ages, abilities and fitness levels and will teach you how to prepare for your race.

Topics will include what equipment you need, hands on swim stroke mechanics, drills and practice methods to train up to an endurance swim of 500 yards. This class will also cover information on running and biking techniques relevant to training for a triathlon.

Participants should come prepared each week to swim in our pool, run indoors either on the track or on a treadmill and cycle in our cycling studio. Our triathlon coach volunteers will work along side you to ensure you are learning properly.

WHEN: March 10 - May 19

DAYS: Tuesday evenings

TIME: 7:30pm - 8:30pm

RATE: If you are a Y member or are registered for the Rocky Gap Triathlon, there is no charge.

