



TRAILS TRIATHLON TRAINING

4/5/10-5/10/10

Mondays 7-8 pm

Do you want to learn, train, and compete in the sport of triathlon? From the “never done one” to the “experienced” triathlete, learn the basics and training techniques that will help you excel. This 6-week training will consist of specific swim, bike and run workouts with transitions for each.

You will also learn about triathlon gear and helpful cross-training for this sport,

Don't forget to register for our Trails Indoor Mini-Triathlon which will be held May 15, 2010.

\$85 Dist/\$122 Non-Dist

Class Number: 426

(Class Minimum is 6)

*For more information:
Call Gina at 303-269-8409*

