

TRIATHLON TRAINING

Trail Point Aquatics & Wellness

Program Details

Trail Point brings you a comprehensive Triathlon training program in one of the premier training facilities anywhere! This program features swim, bike & run training sponsored by TriRacers of Iowa.

TriRacers of Iowa is a local club of triathletes dedicated to helping those new to triathlon—as they once were.

Tri-Coaches

Coaches include a Level 1 USAT & Nationally recognized Coach, Greg Grandgeorge who recently finished 3rd in the U.S. Olympic Trials along with TriRacer members—all of whom are involved in doing triathlons themselves.

- For beginners – experienced swimmers, bikers, & runners.
- Fun, social classes with a non-intimidating atmosphere offered in both the morning and night to fit your schedule.
- Learn how to swim/swim efficiently from specialized trainers.
- Receive an integrated training plan to help you prepare for a race in 2019.
- Learn about transitions, nutrition, gear, and racing on a budget.



ENROLLMENT INFORMATION

Session Dates: March 25 – May 5 (6 weeks)

Registration Dates: Members: March 8/ Non-Members: March 15

Age Guideline: 14 years old – Adult



Program Training Options	Day	Time	Price Per Session (Member/Non-Member)
Bike/Run	Thursdays	5:15am - 6:00am (Bike) 6:00am - 6:20am (Run)	\$25/\$50
Swim	Fridays	5:15am – 6:15am	\$25/\$50
Swim	Fridays	6:15am - 7:15am	\$25/\$50
Swim	Sundays	3:00pm – 4:00pm	\$25/\$50

Trail Point Aquatics & Wellness

2006 S. Ankeny Blvd., Building 5
Ankeny, IA 50023
(515) 965-6000