

# TRIATHLON TRAINING

## Trail Point Aquatics & Wellness

### Program Details

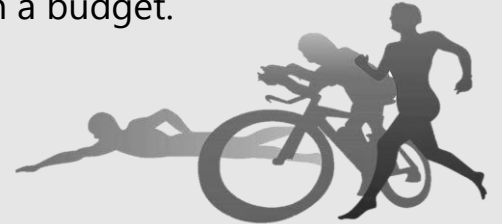
Trail Point brings you a comprehensive Triathlon training program in one of the premier training facilities anywhere! This program features swim, bike & run training sponsored by TriRacers of Iowa.

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 fine-tune your swim technique 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: June 10 – July 28 (6 weeks)

Registration Dates: Members: May 22/ Non-Members: May 29

Age Guideline: 14 years old – Adult



<b>Program Training Options</b>	<b><u>Day</u></b>	<b><u>Time</u></b>	<b>Price Per Session (Member/Non-Member)</b>
Swim	Tuesdays	7:00pm – 7:50pm	\$25/\$50
Swim	Fridays	5:15am – 6:05am	\$25/\$50

#### Trail Point Aquatics & Wellness

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