



TRIATHLON TRAINING

ABOUT

Trail Point brings you a comprehensive Triathlon Training Program in one of Central Iowa's premier training facilities! This program features swim, bike, and run training sponsored by the Tri Racers of Iowa. The Tri Racers of Iowa is a local club of triathletes dedicated to helping those new to triathlon – as they once were.

TRAINING OPTIONS

Swim Options

Mon. 7:15 – 8:15 PM

Wed. 5:15 – 6:00 AM

Bike/Run Options

Tue. 5:15 – 6:20 AM

Thu. 6:30 – 7:50 PM

PRICE PER SESSION (Jan. 20 – Mar. 1)

Member \$25 / Non-Member \$50

REGISTRATION DATES

January 1 for Members / January 8 for Non-Members

INSTRUCTORS



Andy Bernholtz

4 Time Ironman Finisher
8 Time Des Moines
Marathon Finisher



Carmen Davis

USAT Level 1 Coach
Training Peaks Coach
2 Time Ironman Finisher



Jenn Borst

3 Time Ironman Finisher
Female Gravel Champion
Female UltraRace Champ



Kristjana Smith

2 Time Ironman Finisher
Top 2% Ironman Swim
All American Swimmer
Swim The Bridge Winner

