



# 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

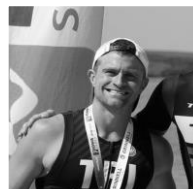
## PRICE PER SESSION (Mar. 23 – May 3)

Member \$25 / Non-Member \$50

## REGISTRATION DATES

March 4 for Members / March 11 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

