

# Adult Triathlon Training Program

## May 28<sup>th</sup>-August 14<sup>th</sup>, 2024

### Triathlon Training Program Includes:

- Three group sessions a week with trainer
- Weekly email updates

### Training Times:

- Mondays: Meet at Midco Aquatics Center; Swim (6:15-7:15 pm)
- Tuesdays: Run Training (6:00-7:15 pm); Various locations
- Wednesdays: Meet at Lake Alvin; Swim/Bike/Run (6:00-8:15 pm)

**Cost:** \$275.00 (\$325.00 non-member)

Registration deadline is Wednesday, May 22<sup>nd</sup>, 2024

**Sign-up online at [sanfordwellness.org](https://hnd-p-ols.spectrumng.net/sanfordwellnesscentersiouxfalls/Login.aspx)**

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\*Participant must be able to swim and be comfortable in open water

For more information contact: [Kathy.grady@sanfordhealth.org](mailto:Kathy.grady@sanfordhealth.org)



*Fitness that fits your life.*

