

# Youth Triathlon Training Camp

## Ages 7-18

### December 26, 27, & 30, 2024

### Goals of Camp

Focus on swim, bike & run specific skills needed to expose young athletes to the multisport lifestyle

#### Training Times: 9:45-12:15

Each day will have a specific focus

- Thursday: Strength & Core Training/Bike & Transitions/Yoga/Goal Setting
- Friday: Mobility/Run/Swim
- Monday: Bike/Swim/Sighting Drills

#### Cost:

**\$ 50 Members (before 12/19/24)**

**\$ 75 Non-Members (before 12/19/24)**

#### Location: Oxbow Location

\*Participant must be able to swim at least one length of the pool

### Sign-up using the following link:

<https://hnd-p-ols.spectrumng.net/sanfordwellnesscentersiouxfalls/Login.aspx>



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