

# Adult Triathlon Training Program

## May 30<sup>th</sup>-August 16<sup>th</sup>, 2023

### Triathlon Training Program Includes:

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

### Training Times:

- Mondays: Meet at Wellness Center; Swim/Optional Bike: swim (6:15-7:15) and bike (7:30-8:15 pm)
- Tuesdays: Run Training (6:00-7:15 pm); Various locations
- Wednesdays: Meet at Lake Alvin or Wall Lake; Swim/Bike/Run (6:00-8:15 pm)

**Cost:** \$250.00 (\$300.00 non-member)

Registration deadline is Wednesday, May 24<sup>th</sup>, 2023

**Sign-up online at [sanfordwellness.org](https://sanfordwellness.org)**

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

\*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.*

