

High Performance Triathlon Training Program March 6-May 24, 2023

Triathlon training program offered for athletes' race age 13 and older

Training Times:

- Mondays and Wednesdays: Swim 7:15-8:00 pm
- Tuesdays or Thursdays: Bike/Run 7:00-8:00 pm
- Sundays: Swim/Bike/Run 5:00-7:00 pm

Cost:

- \$150.00 (\$200.00 non-member)
- Registration deadline is Wednesday, March 1, 2023

Sign-up in Sanford Wellness Center Sales Office

For more information contact: Kathy.grady@sanfordhealth.org

Fitness that fits your life.

