



Triathlon Training

Have you ever wanted to do a sprint distance triathlon but didn't know where to begin? **Then this program is for you!**

You will receive 36 hours of training to prepare you for the Valpo Triathlon in July. This 6 week training program will prepare participants to swim 0.25 miles, bike 18 miles and run 4 miles. Participants will need to supply their own bike and safety equipment. Lake swimming will be included closer to the triathlon. Registration begins April 12th.

Program runs from June 7 – July 15.

Mondays from 6:00-8:00 pm

Tuesdays from 6:00-7:00 pm

Wednesdays from 6:00-8:00 pm

Thursdays from 6:00-7:00 pm

Run 6-7 pm, Swim 7-8 pm

Bike

Run 6-7 pm, Swim 7-8 pm

Bike

Valpo Triathlon: July 17, 2010

\$70 for Members

\$140 for Community

Note: Class fee does not include race fees, but does include a park swim cap for practice sessions.

SWIM

BIKE

RUN



Our Mission

The Valparaiso Family YMCA is an inclusive, inter-faith charitable organization founded in Christian principles and traditions, dedicated to instilling the values of caring, honesty, respect, and responsibility, and providing for lifelong personal growth and the development of a healthy spirit, mind, and body for all.