

Triathlon Class

Beginner and/or First Time Triathletes

WHAT -

12 week class that prepares you for the first Eagle Creek Sprint Triathlon (June 21st), or any race thereafter

WHEN -

Classes start MARCH 30TH.
Two class times available!

Monday @ 6AM OR

Tuesday @ 6PM

WHERE -

The Monon Center (111th & the Monon). All runs & rides will leave from the Center.

Class includes:

- 12 week training schedule
- Coaching and consultation by trained, experienced and professional coach
- Coaching will consist of swim, bike and run techniques, nutrition, training and race day tips and transition guidance.
- Once a week group workout
 - 60 to 90 minutes
- One open water swim
- Last class will be a mock triathlon race (not full race distance)
- Educational materials and resources provided on weekly focus topics
- Communication with coach via email or phone
- Discount at T3 Multisport
- Cost - \$150, Plus \$40 pass to Monon Center
- Register at www.t3multisport.com



MultiSport

where the finish line . . . is just the beginning

Benefits of Triathlon:

Triathlon can add great benefits to your life. This is one of the reasons the sport is becoming so popular in today's world. Some of the obvious benefits are increased health, weight loss, leant physique, increase in energy and development of a life-long healthy lifestyle.

There is a big world of triathlon out there. Join the club, have some fun and experience this extra-ordinary sport.