

8 Week

Cayuga Coaching Clinic Triathlon Training Program

Starts

January 19

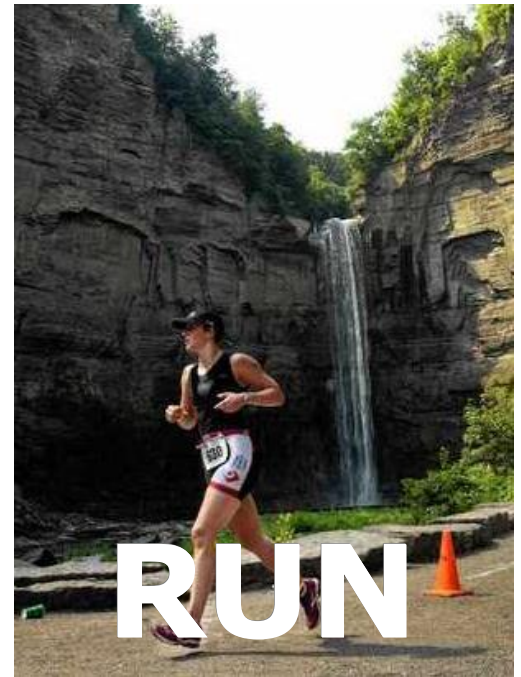
Island Health & Fitness
310 Taughannock Blvd



SWIM



BIKE



RUN

Is August too long for you to wait for your next triathlon or do you want to maintain your training?

Have you thought about getting into triathlons, but don't want to commit to a full race yet?

If you answered yes to either of these questions or are a triathlon enthusiast then the Cayuga Coaching Triathlon Program is for you!

Training Program Includes:

- Access multi-disciplinary team of experts
- Tips to improve your performance
- Training plan for base, build, peak and taper phases
- Assistance with race strategy
- Additional Services Available Upon Request

For more information, contact
Adrian Western, ATC, MS, Performance
Center Coordinator awestern@cayugamed.org



Training Schedule:

Swim: Monday — 6-7 p.m.
Run: Wednesday — 6-7 p.m.
Bike: Saturday — 10:30-11:30 a.m.

Training Package Options:

Tri Endurance: \$249
Swim, Bike & Run
(All three disciplines)

UPick2: \$179
Swim, Bike & Run
(Select Any Two)

Individual: \$99
Swim, Bike & Run
(Select One)

Program cost includes entry into a mini triathlon at Island Health & Fitness on March 15!