

YMCA Multi Sport & Run/ Summer Training Program

RESERVE
YOUR
SPOT
TODAY!

www.ymcaoc.org
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Website!
www.ymcaoc.org



Contact

For more info contact
Valli at vgideons@ymcaoc.net

Kick-Off

Saturday, June 27th
9am at
Saddleback Valley
YMCA

Train like you mean it!
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Run/Walk Training

Facility Member: \$90
Program Member: \$180

Triathlon Training

Facility Member: \$130
Program Member: \$260

If you are looking for a new challenge, want to jump start your fitness, meet new friends, or reconnect with your inner-athlete then join us! We are taking participants on a journey of a lifetime. Simply enroll and we will give you the tools and support to complete your event. Coaches and mentors will train and prepare participants to Run or Walk a 10K (6.2mi) or complete a Sprint Distance Triathlon in early Fall. Program includes three to four weekly coached sessions, team jersey, monthly workshops, pre/post event celebration and mentor program. A weekly, user-friendly training schedule is provided online, allowing members to train on their own when unable to attend group sessions. *(Entry fee to triathlon event not included in program fee.)*

Swim and Run/Walks Group Sessions:

Swim - Mon 7:30pm, Run/Walk - Tues/Thur 9-10am at the YMCA (childcare provided for facility members) and Sat mornings (locations and times vary).

Additional sessions will be offered throughout the program. Attendance is encouraged but not necessary to participate. A bike in working condition (mountain, hybrid, road or triathlon) is needed for the outdoor Sprint Distance Triathlon. Spin classes will be utilized as primary cycling training. Members are welcome to participate in triathlon training, and opt to not do the outdoor event. A mini indoor multi-sport day will be offered to all participants. This is your summer to do something that will change your life...Train Like you Mean it!

Saddleback Valley YMCA

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(949) 859-9622

YMCA of Orange County
We build strong kids, strong families, strong communities.