



YMCA Triathlon & Run/Walk Summer Training Program



Contact

For more info contact
Valli at
valli.gideons@gmail.com

Kick-Off

Saturday, June 26th
8:30am at
Saddleback Valley
YMCA

Train like you mean it!

Run/Walk Training

Facility Member: \$50
Program Member: \$100

Triathlon Training

Facility Member: \$150
Program Member: \$300

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. Train for a 10K (6.2 mi) or 5K (3.1 mil) or train to complete a Sprint Distance (300 meter swim, 13.5K bike, 4K run) or Olympic distance (1.5K swim, 40K bike, 10K run) on 9/25 (San Dimas, CA Lake Bonelli). www.trievents.com. Coaches are USAT certified. 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.

Tues/Thurs 9am and Saturday mornings.
Monday night swim - 6:30pm at SBV YMCA Pool.
Additional session will be offered throughout the program.

A bike in working condition (mountain, hybrid, road or triathlon) is needed. Spin classes will be utilized as primary 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 and get you in great shape ... Train Like You Mean it!

Please visit us on the web at
www.ymcaoc.org

Saddleback Valley YMCA
27341 Trabuco Circle Mission Viejo, CA 92692
(949) 859-9622

