



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRIATHLON TRAINING

SOUTHERN SARATOGA YMCA

Let us help prepare you to participate in our outdoor triathlon event to be held on Sunday, May 3, 2015. This seven week program includes technique and skill-based training in all three disciplines (swimming, cycling, and running) with coach-led group workouts. You will gain sport-specific knowledge, proper nutrition/ training guidance to complement your athletic training schedule, and a new group of friends who will provide support and camaraderie. Specific triathlon clinic are offered throughout the session to further your knowledge and ability as a triathlete.

- WHEN:** March 10, 2015 — May 3, 2015
- TIME:** Tuesday 5:45pm—7:00pm
Thursday 5:45pm—7:00pm
Sunday 7:30am—9:30am
- LOCATION:** SOUTHERN SARATOGA YMCA
1 Wall Street
Clifton Park, NY 12065
- COSTS:** Member \$175
Community \$300
- CONTACT:** Brian Yates, USAT Level 1 Certified Coach
byates@cdymca.org, or (518) 371-2139 Ext. 5531