

COLUMBIA BASIN RACQUET CLUB

BEGINNERS TRIATHLON TRAINING

ALL THE BASICS YOU NEED TO DO
YOUR FIRST TRIATHLON!

02.03.20

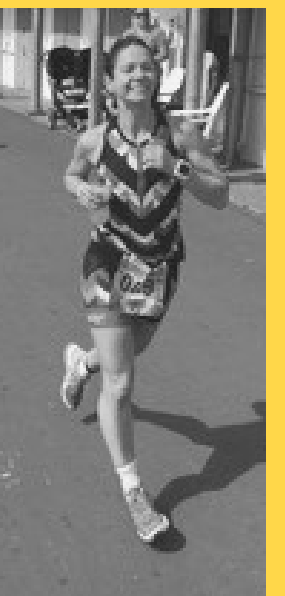
4 WEEK SESSION

THIS PROGRAM IS COACHED BY LEVEL 1 USAT TRIATHLON COACH STACY RUSH.

MONDAYS: 6:30PM-7:30PM BIKE

WEDNESDAYS: 6:30PM-7:30PM RUN/STRENGTH

SATURDAYS: 7:15AM-8:15AM SWIM



COST:

CBRC MEMBER RATE: \$279

NON-MEMBER RATE: \$329

REGISTER AT THE FRONT DESK OR ONLINE

MORE INFORMATION ON THE BACK

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CRITERIA FOR BEGINNER TRIATHLON TRAINING:

- NEVER DONE A TRIATHLON BEFORE.
- MAY SWIM, BIKE OR RUN FOR EXERCISE BUT NOT NECESSARILY ALL 3.
- IS CONFIDENT TO SWIM ACROSS THE POOL AND BACK.
- CAN RUN/WALK FOR 10-15 MINUTES.

THIS 4 WEEK TRAINING WILL SUPPORT THE PARTICIPANT TO COMPLETE A SUPER SPRINT TRIATHLON.
-400 METER SWIM, 6.2 MILE BIKE, & 1.5 MILE RUN.

ANY QUESTIONS PLEASE CONTACT STACY RUSH AT STACYRUSH@MY-CBRC.COM

ORIENTATION IS SATURDAY, FEBRUARY 1ST AT 8:00AM

GROUP WORKOUT SCHEDULE:

Monday	Tuesday <i>(optional/makeup)</i>	Wednesday	Thursday <i>(optional/makeup)</i>	Friday <i>(optional/makeup)</i>	Saturday
6:30pm-7:30pm	9:45am-10:45am	6:30pm-7:30pm	9:45am-10:45am	12:00pm-1:00pm	7:15am-8:15am
Bike	Swim	Run/Strength	Swim	Bike	Swim
RPM Studio	Outdoor Pool	Upstairs Track	Outdoor Pool	RPM Studio	Outdoor Pool