

2012 Triathlon Academy Weekly Group Training



<p>Youth (age 7-12)</p> <p>Monthly Fee: \$70</p>	<p>Weekly Training Sessions</p> <ul style="list-style-type: none"> • Saturday-10:00am-11:30 am
<p>BRONZE</p> <p>Youth Age 10-15 (non draft)</p> <p>Monthly Fee: \$90</p>	<ul style="list-style-type: none"> • Tuesday-Swim session 7:15-8:00 pm • Thursday-Swim session 7:15-8:00 pm • Saturday-Bike/Run session 10:00-11:00 am
<p>SILVER</p> <p>Youth Age 12-16 (non draft & draft legal development)</p> <p>**Coach approval required</p> <p>Monthly Fee: \$120</p>	<ul style="list-style-type: none"> • Tuesday-Swim session 7-8:15 pm • Wednesday-Run session 4:30-5:30 pm • Thursday-Swim session 7-8:15 pm • Saturday-Bike/Run session 10:00-11:00 am • Sunday-Bike 2:00-4:00 pm
<p>GOLD</p> <p>Youth Elite & Junior Age 13-19 (draft legal)</p> <p>**Tryouts or coach approval required</p> <p>Monthly Fee: \$160</p>	<ul style="list-style-type: none"> • Monday-Run/strength session 5:30-6:15 pm • Tuesday-Swim session 7-8:15 pm • Wednesday- Run session 6-7:15 pm • Thursday-Swim session 7-8:15 pm • Saturday- Bike/Run session 8:00-9:30 am • Sunday-Bike session 2:00-4:00 pm • In addition, monthly elite athletes receive daily workouts written by coach Boris via email; powered by Training Peaks software • Routine High Performance Team/ T3Multisports Elite testing in swim/bike/run.