



Triathlon & Multi-Sport Training Schedule

Energized by Coach Sarah Hart & Coach Jill Baulieu



TIME	MON	TUES	WED	THURS	FRI	SA/SU
6:15-7:15AM		TRI Swim	UpGrade CT	TRI Swim	UpGrade OWS	
7:15-8:15AM		TRI Swim	UpGrade CT	TRI Swim	UpGrade OWS	
8:15-9:15AM		TRI Swim		TRI Swim		UpGrade ITC
9:30-10:00AM		TRI Strength		TRI Strength		
12:00-1:00PM		UpGrade CT				
TBA						TRI Clinics monthly
5:00-5:30PM	TRI Strength		TRI Strength			
5:30-7:00PM	TRI Youth		TRI Youth			
5:45-6:45PM		UpGrade CT		UpGrade CT		

TRI SWIM

Looking for a group to train with and an opportunity for swim advancement? TRI swim classes are geared towards improving technique, pacing and overall fitness level. Classes include proper warm up, drills to fine-tune technique and sets to improve cardiovascular and muscular strength.

TRI STRENGTH

Eager to focus on full body strength in a short period of time? TRI Strength classes are designed to work your entire physique for optimal results. Classes include a circuit of upper, lower & core strengthening exercises to improve posture, range of motion and flexibility while increasing overall strength.

TRI YOUTH

Wanting to jump into the world of multi-sport training? TRI youth classes are open to ages 6-12 eager to learn proper swim technique, cycling efficiency and run biomechanics. Classes include swim, bike and run training along with athletic conditioning in a fun and motivating environment.

TRI CLINICS

Every month, all triathlon program members will have access to a specialized training session on a Saturday or Sunday. Activities include swim, bike, run, transitions and athletic conditioning. Seminars include sports nutrition, sports psychology and race day preparation.

PRIVATE SWIM LESSONS

Looking for an opportunity to enhance your swim technique? Private swim lessons provide a full analysis of your freestyle swim stroke. Lessons include specific drills to fine-tune technique and appropriate swim sets to improve pacing, power and speed.

TRI PERSONAL STRENGTH TRAINING

Eager to work on your entire physique to become super fit? TRI personal strength training sessions are designed to improve muscular strength and endurance while working on posture, balance, range of motion, flexibility and a bit of cardiovascular conditioning.

TRI SMALL GROUP TRAINING

Have a group of friends or family members looking for a fun challenge? TRI small group training will be custom designed for your group. We will aim to cover any or all aspects of multi-sport training.

UPGRADE COMPUTRAINER™

CT classes work on pedal stroke efficiency, improving lactate threshold and VO2 max levels. CompuTrainer™ is the most advanced indoor cycling training system used by professional multi-sport athletes. This amazing training system tracks endurance, speed, heart rate and power all while you ride through a virtual terrain displayed on a large screen monitor. Your own road/tri bike is required. *Sessions with separate fee.*

UPGRADE INDOOR TRI CIRCUIT

Geared towards improving overall fitness levels in multi-sport athletes. ITC classes include the use of the VASA swim ergometer and CompuTrainer™. Athletes transition from indoor swim to bike to run segments working on cardiovascular and muscular strength and endurance. swim muscles, cycling efficiency, transitioning quickly to indoor bike segment (on your own bike) working on cycling efficiency, quickly transitioning to run segment to enjoy the overall triathlon experience. Your own road/tri bike is required. *Sessions with separate fee.*

UPGRADE OPEN WATER SWIM

OWS classes provide triathletes with the ability to work on open water swim technique and pacing efforts to help prepare for any race. Athletes will practice race day simulations and work on open water specific drills including sighting, drafting, and advanced skills. Kayaks will accompany swimmers for safety. *Sessions with separate fee.*

FOR MORE INFORMATION CONTACT SARAH HART: 704-506-9403 or EMAIL SARAHHART@HUNTERSVILLE.ORG