

YMCA of Ithaca and Tompkins County INTRO TO TRIATHLON CLASS

The class is a 12 week fitness course for individuals who are new to triathlons or for those who have some experience but want to learn more.

The course will prepare participants for the Tri for the Y on May 2, 2010

The course will include:

- Goal Setting / how to organize your workouts
- Going the distance - endurance
- How to pace yourself
- Transitions from swim to bike, bike to run
- Putting two sports together (Brick Workouts)
- Quality vs. quantity (injury prevention)

Session Dates: February 9 - May 1, 2010

Class Time: Tuesday Evenings 6:30 - 8:30pm.

6:30-7:30pm Group clinics and goal setting workshops

7:30-8:30pm Swim training

Saturday morning workouts - workout time starts at 11:05am in the dance studio for group cycling. (later in the session this will include outdoor cycling and running workouts)

COME PREPARED TO GET IN THE POOL ON THE FIRST MEETING

Instructors: Selina Lenetsky, Sheila Squier and Liz Vance

Fees: Members \$150.00 YMCA MEMBERS ONLY!

For more information contact Laurie Cuomo at lcuomo@ithacaymca.com

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