

YMCA of Ithaca and Tompkins County INTRO TO TRIATHLON CLASS

Session Dates: February 6 – April 28, 2012

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 Sunday, April 29, 2012

Class Schedule:



**Tuesday Evenings 6:30 – 8:30pm
and
Saturday Morning Workouts**

(For more information see other side of this sheet)

Class size limited to 12 participants!

Tri Class Instructors:

Selina Lenetsky, Sheila Squier and Liz Vance

Fees: Y Members \$165.00

Nonmembers \$240.00

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**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Triathlon Class 2012 Details:

The course will include the following clinics: (Clinics are held in the Y Wellness Lounge)

- 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)
- Proper Gear

Class Requirements for participation:

- A bike—any kind of bike will do (road bike,, Mt. bike, hybrid)
- Comfortable swimming 25 yds. of the pool any stroke. (This is not a learn to swim program). Workouts focus on building endurance and improving technique. The goal is to swim 400 yards (16 lengths of the pool) comfortably.
- The class is geared towards any level of running and /or a walk-run approach to completing 4.5 miles.

Workout Schedule :

Tuesday Evenings

- 6:30-7:30pm Group clinics and goal setting workshops
- 7:30-8:30pm Swim training
- Midway through the course the class will meet for an optional run Tuesdays at 6pm.

Saturday Morning

- 8-9:00am Indoor Cycling
 - Later in the session the class will cycle outside, followed by outdoor runs
- The times of these workouts may vary depending on the weather.

COME PREPARED TO GET IN THE POOL ON THE FIRST MEETING

Meet the Instructors!

Selina Lenetsky: *"This is my sixth year coaching the YMCA tri class. My own triathlon career began in 2004 when I decided to train for the Cayuga Lake Triathlon sprint distance race. I became hooked on tri and have been racing ever since. I have raced several sprint and intermediate distance races in the past eight years. I will train for my first half ironman race in 2012. I am also an avid runner and have raced many half and full marathons. I teach pilates and spinning as well as train people for distance running, triathlon and general fitness."*

Sheila Squier: *I was a participant in the Y-Tri Class the first year it was offered - and completed the Y-Tri, my first Tri. The following year I joined the instructor team and am inspired every year by the participants. I am a certified Group Fitness Instructor through ACE and a certified Spinning Instructor and have been teaching some combination of step aerobics, interval aerobics, core and group ride classes for over 10 years. Since taking the Y-Tri class I have completed several open-water tri's and competed in 5K, 10K and half-marathon races. I'm the balance to Liz and Selina!*

Liz Vance : *" This is my third year as a Y Tri coach. I am a certified Spinning Instructor and have been teaching for 5 years. I started swimming competitively as a kid and swam until my second year in college. I bring my competitive swimming background to the class and really enjoy helping participants build their confidence and endurance to complete the swim. I started competing in triathlons about 10 years ago and have completed each of the distances: sprint, Intermediate, Half Iron and Iron man. This year I am training for my second Iron Man at Lake Placid."*