



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

70.3 Half IronMan Training

Small Group Long Course Training

16 Week Session: March 4th–June 23rd

Member: \$250 Non Member: \$495

3 classes/week

Coached Training Makes the Difference

- **Video swim analysis**
- **Training Plan**
- **Open water swim practice**
- **Nutrition**
- **Race day strategy**
- **Weekly Computrainer sessions**
- **Strength and mobility session**



SWIM: Choose between Wednesday morning at DT 6am or Wednesday evenings at North 7:20pm
Cycle: Computrainer rides at DT; various times available (weekends, evening and morning)
Run: Thursday mornings at SW on the Track 6am

For more information email jhughes@syracuseymca.org