

TRIATHLON BRICK TRAINING

APRIL 5 - MAY 10

NEED SOME FINE TUNING IN YOUR SWIM-BIKE-RUN GAME? THE SWIM-RUN AND SWIM-BIKE BRICK TRAINING SESSIONS ARE DESIGNED FOR THOSE TRIATHLETES MULTI-SPORT ENTHUSIASTS IN MIND.

EACH SESSION INCLUDES A 30- TO 40-MINUTES SWIM AND THEN TRANSITIONS TO A BIKE OR RUN WORKOUT FOR 25 TO 30 MINUTES. THE TRANSITION WILL ALTERNATE WEEK TO WEEK. (weeks 1,3,5 are swim-run, weeks 2,4,6 are swim-bike)
SPACE IS VERY LIMITED. SIGN UP EARLY TO MAKE SURE YOU HAVE A SPOT!



SWIM



BIKE



RUN

WEDNESDAYS | 6:00PM-7:15PM

this program runs six weeks at a time. **drop-ins allowed**

241080-02

Premium Member
\$10/ class

Basic Member & General Public
\$15/ class

Registration opens on 3/29/23

REGISTER IN PERSON OR ONLINE!

<http://bit.ly/ttypronlinereg>



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