

# Ames Triathlon Training

Get swim stroke feedback,  
training plans, and fun training  
with a friendly group!

Classes begin January 17<sup>th</sup> Sundays 2-4pm  
All ability levels are welcome.

Typical classes have coached swimming and  
running in pace groups. Some classes will have  
technical lectures or indoor trainer bike rides.

Swims will be held at Beyer Hall. Underwater  
video feedback included once per session.  
Detailed daily training plans provided. All classes  
are taught by USA Triathlon certified coaches.

Session 1: Jan 17th-March 7th (8 weeks) \$120

Session 2: March 21st- May 16th (9 weeks) \$135

Questions or to register:  
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