



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Central Triathlon Training Schedule

Triathlon Training Lab @ Central YMCA

November 7th - May 31st

1213 W Civic Center Dr  
Traverse City, MI 49684  
(231) 933-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Group Tri Swim</b> Coach Tony V. 5:30am - 6:30am	<b>Group Cardio</b> Rebecca V. 5:30am - 7am	<b>Group Tri Swim</b> Coach Tony V. 5:30am - 6:30am	<b>Group Cardio</b> Rebecca V. 5:30am - 7am	<b>Group Tri Swim</b> Rebecca V. 5:30am - 6:30am		
7am						<b>Tri Brick</b> Rebecca V. 7am - 10am	
10am		<b>Group Cardio</b> Coach Tony V. 10:30am - 12pm		<b>Group Cardio</b> Coach Tony V. 10:30am - 12pm			
11am			<b>Group Cardio</b> Rebecca V. 11am - 12pm				
12pm	<b>Group Tri Swim</b> Coach Tony V. 12pm - 1pm		<b>Group Tri Swim</b> Coach Tony V. 12pm - 1pm		<b>Group Tri Swim</b> Coach Tony V. 12pm - 1pm		
5pm		<b>Group Cardio</b> Rebecca V. 5pm - 6:30pm		<b>Group Cardio</b> Rebecca V. 5pm - 6:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



# Class Descriptions

## Central YMCA

1213 W Civic Center Dr  
Traverse City, MI 49684  
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**Group Cardio** - Triathlon training session that includes group run, CompuTrainer, and Vasa ergometer. Members: \$50/mo, Community Participant: \$75/mo.

**Group Tri Swim** - We teach you open water skills like efficiency, sighting, pack swimming, and defensive swimming in a safe, controlled environment. Members: \$25/mo, Community Participants: \$50/mo.

**Tri Brick** - Run, bike, swim with the triathlon coaches. This is part of the Triathlon packages. See programs for more details.