

Triathlon Training Sessions

Featuring: Ben Weaver, USAT Certified Triathlon Coach



Session Dates and Topics:

April 8th—This session will focus on how to get started—including registration info, training info, course maps, and answers to any questions you may have.

Location: Foundation For Youth Time: 7:00 p.m. Fee: Free

April 22nd— Basic Bike Fitting and Instruction. This session will include info on types of bikes, bike setup & instruction, bike equipment for training and racing, and how to fix a flat.

Location: Foundation For Youth Time: 7:00 p.m. Fee: Free

May 20th— Training Nutrition. This session will focus on training nutrition and race day nutrition.

Location: Foundation For Youth Time: 7:00 p.m. Fee: Free

June 24th— Group Bike Ride. Try out the 17.5 mile course and finish with instruction on setting up a proper transition area.

Location: Tipton Lakes Marina Time: 7:00 p.m. Fee: Free

July 15th— Open Water Swim Instruction. This session will focus on swim technique, safety and water starts and exits.

Location: Tipton Lakes Marina Time: 7:00 p.m. Fee: Free

July 19th—22nd—5:00 to 7:00 p.m. Open Swim Sessions

Location: Columbus Youth Camp Fee: \$4:00 per day

Register by contacting Jen Shaver at Jennifer@foundationforyouth.com or 812-348-4558 ext 200.