



TRAIN. EXECUTE. SUCCEED.

YMCA Triathlon Group Training Sessions — Winter 2023

6-wk Swim Clinic swim workouts and mechanics

Ongoing. FREE.
Please register online at ymcacny.org

Location	Day	Time	
Hal Welsh East Y	Monday	9:30-10:30 a.m.	
	Thursday	4:00-5:00 p.m.	
Northwest Y	Tuesday	9:30-10:30 a.m.	

Group Triathlon Training – Off Season

Session: 4 or 6 week sessions
Fee based :Members \$40/60/70

Classes meet 1x/wk. Ongoing multiple week program through May.

Location	Day	Time	
Northwest Y	Monday	5:15-7:00pm	Starts 11/7
Hal Welsh East Y	Wednesday	6:00-7:30pm	Starts 11/30
	Wednesday	9:30-11am	On hold

Track Night and Saturday Group Ride/Run

Will change to mornings after day light savings (track)
Email ssampere@ymcacny.org for more details

Location	Day	Time	
SW Track		On pause	
Group Rides and Runs*		Mid April	8am

*join our FB Syracuse Y Triathletes for our Saturdays location!!!

6 or 12 wk Swim Academy stroke breakdown efficiency , and endurance
\$30 or \$60 /Member
And non member
Classes meet 1x/wk. Ongoing

Location	Day	Time	
Downtown Y	Thursday	6:00-7:00 a.m.	12 week
North Y	Sunday	9:30am	12 week

16-wk Half Iron Man Training

Session: Begins in March for Spring races
\$250 Members & \$375 Non-Members
Fall 70.3, training begins in June
Classes meet 3x/wk. Registration begins April 2023
Train for 70.3 A Second 70.3 training will start early June; details to come.

We usually pick a local 70.3 is the Goal but you can do any Fall race! Details to come in 2023
Must be able to ride at at least an average of 15 mph

Private Triathlon Swim Lessons with a USAT Tri Coach or Tri Swim Coach

Session	Cost	
6-30 minute	\$190	
4-30 minute	\$125	
1-30 minute	\$35	
Add a swimmer if they are of equal ability (to the 6 lessons)	\$75	

Complete Triathlon mechanics analysis available throughout the year:

- Video Swim Stroke Analysis
- Computrainer Bike Testing
- Run Analysis

Join our FB Page Syracuse Y Triathletes

OWS and Outdoor rides begin in the spring!

- OWS and Outdoor Rides Begin in the Spring

Name:

Cell Phone Number:

E-mail Address:



For more information and any questions, please contact

Jennifer Hughes, Multi-Sport Director, at jhughes@ymcacny.org