



TRAIN. EXECUTE. SUCCEED.

YMCA Triathlon Group Training Sessions — Winter 2023

6-wk Swim Clinic

Ongoing. FREE.

Please register online at ycny.org

swim workouts and mechanics

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

Group Triathlon Training – Off Season

Session: 4 week sessions

Fee based :Members \$40

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

**NWy Fit4Fall

Location	Day	Time	
Northwest Y**	Monday	5:00-6:45pm	Starts 11/13
Hal Welsh East Y	Wednesday	9:30-11:00am	Starts 10/25

Computrainer 6 weeks—Gain Power to Get Faster!

\$50,\$90, \$100

Choose 1 day, 2 day or weekend long ride

Location	Day	Time	
DTY	Wed	6am- 7am	
	Thurs	5:30-6:30pm	
	Fri	6-7am	

Sat and Sun rides vary in distance 1- 3hours starting at 8am

6 or 12 wk Swim Academy

\$50/\$100 /Member

non member

Classes meet 1x/wk. Ongoing

stroke breakdown efficiency, and endurance

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

Name:

Cell Phone Number:

E-mail Address:

For more information and any questions, please contact

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