



# TRIATHLON TRAINING

TRAIN . EXECUTE. SUCCEED

## SWIM CLINIC

Swim workouts and mechanics

Ongoing 6 week session

Hal Welsh East Y	Monday	9:30-10:30am
	Thursday	4:30-5:30pm
Northwest Y	Tuesday	9:30-10:30am

Members FREE

Non Members \$30

## GROUP TRIATHLON TRAINING -

Ongoing 6 week session throughout the year

Hal Welsh East Y	Wednesday	9:30-11:15am
Member		\$60
Non Mem		\$120

## TRIATHLON TRAINING - Off Season

Ongoing 7 week session through July starts up again in the fall.

Northwest Y	Monday	4:45-6:45pm
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Members - \$70/Non-Mem \$140

## SWIM ACADEMY

Stroke breakdown, efficiency, and endurance

Ongoing 8 or 12 week sessions through the year

Downtown Y-12 wk	Thursday	6:00-7:00am
North Y - 8wk (seasonal)	Sunday	9:30-10:30am

Members - \$50-\$65

Non Members - \$100-\$130



## HALF IRON MAN TRAINING

16 week session begins in March 2025 for Spring races and June 2025 for a local 70.3 Fall race.

Classes meet 3x/wk and participant must be able to ride at least an average of 15mph.

Members - \$250

Non Members - \$375

## PRIVATE TRIATHLON SWIM LESSONS

with a USAT Tri Coach or Tri Swim Coach

6-30 minute\* \$190

4-30 minute \$125

1-30 minute \$35

\*Semi-private lesson with swimmer of equal ability +\$75 6-session only

## COMPUTRAINER

Bring your road or tri bike in and connect with our trainers, gauge your power and wattage. Get ready for the 2025 Tri Season! Email [ssampere@ymcacny.org](mailto:ssampere@ymcacny.org) for more details begins Nov 10th. Ongoing until spring

DT cycle studio Wed/Fri 6:00am

Group Rides and Runs*	Saturdays April-Oct	8:00am Varies
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*\*join our FB Syracuse Y Triathletes for our Saturdays location!!!*

## ADDITIONAL PROGRAMS & SERVICES

- Video Swim Stroke Analysis
- Run Analysis

For more information, contact Jenny Hughes at [jhughes@ymcacny.org](mailto:jhughes@ymcacny.org)

Join our Facebook page for updates **Syracuse Y Triathletes.**