



TRAIN. EXECUTE. SUCCEED.

YMCA Triathlon Group Training Sessions — Fall 2021

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.	Start Oct 14th
Northwest Y	Tuesday	9:30-10:30 a.m.	

Group Triathlon Training – Off Season

Session: 4 week sessions
Fee based: Members \$30

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

Location	Day	Time	
Northwest Y	Monday	5:00-7:00pm	Starts 11/29
Hal Welsh East Y	Wednesday	6:30-8:00pm	Starts in Nov
	Wednesday	9:30-11am	Oct 6th

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	
JDHS Track or Skytop Track	Thursday	5:30pm	
Group Rides and Runs*	Saturdays	8am	

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

6-wk Swim Academy stroke breakdown efficiency, and endurance

\$25/Member
Classes meet 1x/wk.

Location	Day	Time	
Downtown Y	Thursday	6:00-7:00 a.m.	
North Y	Sunday	9:30am	Coming in Nov!

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 2022.
Train for 70.3 A Second 70.3 training will start early June; details to come.

Details to come in 2022
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

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Session	Cost	
6-30 minute	\$150	
4-30 minute	\$100	
1-30 minute	\$30	
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