



TRAIN. EXECUTE. SUCCEED.

YMCA Triathlon Group Training Sessions — Fall 2021

6-wk Swim Clinic swim workouts and mechanics
Ongoing. FREE.
Please register online at ycny.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: 6 week sessions
Fee based :Members \$48 in 2022
Classes meet 1x/wk. Ongoing multiple week program through May.

Location	Day	Time	
Northwest Y	Monday	5:00-7:00pm	Starts 1/10
Hal Welsh East Y	Wednesday	6:00-7:30pm	Starts 1/12
	Wednesday	9:30-11am	Starts 1/5

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	5:30pm
Group Rides and Runs*		On pause	8am

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

6 or 12 wk Swim Academy stroke breakdown efficiency , and endurance
\$25 or \$50 /Member
Classes meet 1x/wk.

Location	Day	Time	
Downtown Y	Thursday	6:00-7:00 a.m.	12 week
North Y	Sunday	9:30am	6 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 2022.
Train for 70.3 A Second 70.3 training will start early June; details to come.

Lake George 70.3 is the Goal but you can do any Fall race!
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
19ONG

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

Name: _____

Cell Phone Number: _____

For more information and any questions, please contact Jennifer Hughes, Multi-Sport Director, at jhughes@ymcacny.org