



Oak Park Triathlon Team Schedule and Class Descriptions 2019 Season

Winter – Jan 12th – March 9th
Spring – March 23rd – May 18th
*With Outdoor Training in May

Try-A-Tri

A class designed from the ground up to welcome beginners interested in their first triathlon experience, or for those who may be looking to build confidence in any discipline. Your coach will mentor you to help you build endurance and strength, along with the confidence and experience you need to make your first triathlon successful and enjoyable. Prepare yourself by being able to complete 45 minutes of continuous cardio.

\$114/session YMCA member / \$160 non-members

Intermediate

If you've already completed your first triathlon, or you've got the experience and fitness to take it to the next level, this class is for you. Train with other motivated athletes ready to step it up, as your coach helps you improve your form and speed, while sharing their experience with you. Intermediate athletes should be able to complete 60 minutes of continuous cardio.

\$114/session YMCA member / \$160 non-members

Our Coaches

The Oak Park Triathlon Team's training program has been designed by our USAT-certified swim and triathlon coaches. All of our coaches are certified to teach group cycling and are experienced triathletes themselves. Join us and benefit from our experience!

Triathlon Training

Class	Time	Discipline
Advanced	6:15 - 7:15 am	Swim
(Long Course)	7:30 - 9:30 am	Bike
Advanced	7:15 - 8:15 am	Swim
(Olympic)	8:30 - 9:30 am	Bike
	9:45 - 10:45 am	Run
Try-a-Tri	9:00 - 9:45 am	Swim
	10:00 - 10:45 am	Bike
	11:00 - 11:45 am	Run
Intermediate (A)	8:15 - 9:00 am	Swim
	9:15 - 10:00 am	Bike
	10:15 - 11:00 am	Run
Intermediate (B)	10:15 - 11:00 am	Swim
	11:15 - 12:00 am	Bike
	12:15 - 1:00 pm	Run
Junior Triathlon	11:30 - 1:00 pm	Varies

Junior Triathlon

For children ages 6 - 16 who are interested in the sport of triathlon. Train with our USAT certified coaches, be a part of a team and complete a local kids triathlon. Children should be able to swim 50 yards continuously. The class will consist of swimming, biking and running/cardio.

Advanced (Short Course)

Each workout in this class has been designed by a USAT certified coach, and will focus on heart-rate and perceived exertion to ensure your workouts are highly effective. Your coach will be a highly experienced and motivating triathlete. You must be competent in all three disciplines and be able to complete at least 60 minutes of continuous and rigorous physical activity. Bike and bike trainer required.

\$134/session YMCA member / \$175 non-members

Advanced (Long Course)

Been there, done that? Is your next challenge an Olympic distance, 70.3 or full Ironman? Then this is the group for you. Train with like-minded individuals who will help you reach that goal, our certified coaches are there for you. Prepare to swim/bike/run for 60 min. each. Long course athletes will have the option of completing a long ride, in place of the bike plus run. Bring your own bike and trainer for training.

\$134/session YMCA member / \$175 non-members

Note:

All classes on Saturday this year.

Sign Up Now!

Classes fill on a first-come basis

Online Sign-Up:

Please email: coaches@oakparktriteam.org