

# SPRING YOUTH TRIATHLON TEAM



Recognized as one of the top youth development programs in the country, the Endorphin Fitness Youth Triathlon Team combines age-appropriate exercise with expert coaching and fun. The program focuses on developing leaders and athletes through swim, bike, and run training. The Spring Season is one of our most exciting as the kids prepare for a variety of running, cycling, and multisport events.

## **FEBRUARY 6<sup>TH</sup>—JUNE 14<sup>TH</sup> [19 WEEKS]**

**TUES 5-6PM:** Bike + Run (Endorphin Fitness/West Creek)

**WED 5-6PM:** Swim (North Richmond YMCA)

**THURS 5-6PM:** Run + Strength (Deep Run Park)

### **RECREATIONAL TEAM—\$695**

Ages 6-15 experience fitness through swim, bike, run and strength in an engaging, fun group setting. We recommend most beginners start with the recreational team.

### **COMPETITION TEAM—\$745**

Ages 10-15 follow a periodized training program to prepare for a variety of single sport and triathlon competitions. In addition to team practices, team members are provided a detailed training plan and expected to complete workouts on their own.

### **HIGH PERFORMANCE TEAM**

Ages 13-19 train intensely for elite competitions across the country with the goal of reaching the Olympics one day. The Endorphin Fitness Team is currently ranked 4th in the country.

Please contact us for schedule and pricing.